













ON THE COVER

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Photographed by Steve Giralt Prop Styling by Megan Hedgpeth Gold stamp by Dreamzdesigner/ Dreamstime.com

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"A faithful man shall abound with blessings." PROVERBS 28:20



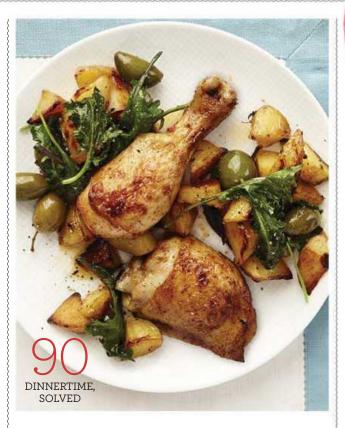
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HEARST

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BEAR NAKED!

The adorable cupcakes on the cover are supereasy to make. Here's a peek under the frosting. Recipe, page 142.



CONTEST

Follow @womansdaymag
on Instagram, then upload a
photo of your version of
our cover bear with the hashtag
#WDCoverContest or email it
to WDFood@hearst
.com for a chance to win a
baking package from Wilton.
See page 143 for details
or go to womansday.com
/covercontest for official rules.

Feeling Thankful

ratitude shouldn't be limited to a certain time of year, but there's something about the holiday season when the good in our lives resonates deeply. I asked the *Woman's Day* staff to share what makes them feel blessed:

"My circle of wise and compassionate friends.
There's nothing life can throw at me that I can't
handle with their advice and support."

Cathy Garrard, research director

"Instagram! I can visually follow everyone I love, from my cousins in Hawaii to my mother in Massachusetts, and know they are doing OK." **Stephanie Kim**, photo director

"That I have a cozy place to live. It's not grand, but it feels like home."

Donna Duarte-Ladd, style editor

"The infertility treatments that allowed my husband and me to start a family. This experience made me a stronger person and helped me understand that failure is a part of life." Emily Weinberger, associate food editor

"My son's amazing dance moves, without which I would not smile half as much as I do." Anna Baxter Helm, senior food editor

"The automatic coffeemaker. It's always great to wake up to a ready-to-drink cup of joe." Lauren Spencer, assistant managing editor

"My cats. No matter what mood I arrive home in, they're always excited to see me."

Isabel Abdai, art director

As for me, I am blessed by...

WD's hardworking, bighearted staff, many of whom spent a September morning with City Harvest in New York City, distributing fresh fruit and vegetables to the community.

From the *Woman's Day* family to yours, wishing you great joy in the coming year.



Susan Spencer Editor-in-Chief susan@womansday.com



Benjamin,

August 2

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6



We went to LATIN AMERICA to go on a coffee tour.



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Marinated Olive and Cheese Skewers

Serves 15 | Prep time: 10 min. | Total time: 30 min., plus marinating time

INGREDIENTS

1 cup GOYA® Extra Virgin Olive Oil

- 1 orange, zested and juiced
- 2 tsp. finely chopped fresh rosemary
- 1 tsp. **GOYA® Minced Garlic**, or 2 cloves garlic, finely chopped
- 1/4 tsp. hot pepper flakes
- 1 jar (6.75 oz.) GOYA® Manzanilla Olives Stuffed with Minced Pimientos, drained
- 2 jars (4 oz. each) **GOYA® Fancy Pimientos**, drained and sliced
- 1 pkg. (12 oz.) queso blanco (white cheese), cubed

DIRECTIONS

- 1. Add olive oil, orange juice and zest, rosemary, garlic and hot pepper flakes to small saucepan over medium-high heat. Cook, stirring occasionally, until mixture is warm and garlic is fragrant, about 2 minutes.
- Place olives and pimientos in medium, non-reactive bowl. Pour warm olive oil mixture over olives and pimientos; set aside until cool. Stir in cheese; cover with plastic wrap. Refrigerate at least 4 hours, or up to 3 days.
- Alternately thread cheese, olives and pimientos among thirty 6" skewers. Transfer to serving plate: drizzle with marinade.

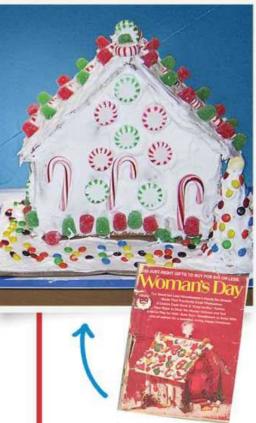


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If it's GOVA ... it has to be good!

Dear Woman's Day

Stories, thank-yous and terrific tips from readers like you.



WD traditions

I bought this Woman's Day magazine in December 1971, before our son had even turned 1. As you can see, it's been used many times, not only with our two sons but also now with our two grandsons. Gingerbread houses have long been a part of our Christmas celebration. Thank you for a wonderful recipe that has become a family tradition. JUDY BLOODGOOD BANDER, Carrollton, VA

Healthy message

Woman's Day posted a video to Facebook called "The Secret Women Are Keeping That's Taking Lives" that received some great responses. Go to womansday.com/heartsecret to watch it.

As a heart attack survivor, I realized much of what I knew about heart disease was from a male perspective. Women don't talk about it enough. It inspired me to start my own awareness organization, the Heart2Heart Foundation, to provide free screenings and spread the word. We need to share this message with all the women in our lives!

SHEILA CALDWELL via Facebook

>>> For more inspiring stories, follow Woman's Day on Facebook at facebook .com/womansdaymagazine.

Puppy love

I was absolutely elated to finally see a story about the consequences of overfeeding pets human food ["Saving Dennis," October 2015]. Not only is processed food unhealthy for humans, but it's terrible for animals, too. I truly hope this article helps some owners see what an injustice they are doing by their pets. Way to go, doggie Dennis and Brooklyn. You both rock!

CARRIE ROMAN, Whitaker, PA

>> Read the story at womansday.com /dennis

Calming read

I want to thank you for Kate Braestrup's article, "Life in the Slow Lane" [September 2015], about using traffic delays as a time to reflect. I had a car accident when a drunk driver turned in front of me in an intersection. Kate's prayers helped me calm my feelings toward the driver, get through my pain and find the strength to start driving again. MARY HAMMOND. Fox River Grove. IL

>> To read the essay, visit womansday .com/slowlane.



66 Fall is my favorite time of year, and the October issue inspired me to make my own centerpiece. My grown kids think I have way too much time on my hands, but I had fun creating my squash people!

CAROLYN BILLS. Westfield, NY

>> For more fall decor inspiration, visit womansday.com/pumpkins.

SEND US YOUR FEEDBACK

Write to us at womansday@hearst.com or Woman's Day, 300 West 57th Street, New York, NY 10019. Submissions edited for length and clarity.



10 winners will receive a Picnic Time Regalio Cheese Board/Serving Tray from Bed Bath & Beyond. The three tiers give you plenty of room for delicious prefeast appetizers. Value, \$49.99.



« PICTURE PERFECT

15 winners will receive a personalized candle from Yankee Candle. Fill your home with your favorite scent as you display your family's holiday card for your guests. Value, \$28.

CONTRACT OF THAT

Cheers! 2 winners will receive a Sterling Ring Bar Cart from Overstock.com. Ring in the new year with this gold service cart, an elegant way to serve everything from hot cocoa to bubbly champagne. Value, \$278.



STAY FRESH

1 winner will receive a Kenmore Pro 23.7 cu. ft. Counter-Depth French Door Refrigerator. Thanks to its space-saving features, you can make and store dishes ahead of time.

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SWEET TREATS

4 winners will receive an earthenware

Cookie Jar from JCPenney. Festive

goodies will make the whole party

Fitz and Floyd Frosty's Frolic Snowman

decor and easy access to freshly baked

SNAP FOR MORE WD

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Download the free Access WD app on your smartphone device from the App Store or Google Play Store. Or visit scannow.mobi/wd on your phone to download.



Set!

Center your device 4 to 7 inches above the Access WD icon and let your camera focus until you hear a chime.

Snap!

Look for these icons throughout the issue:



to win





Snap to watch



Snap for a shopping

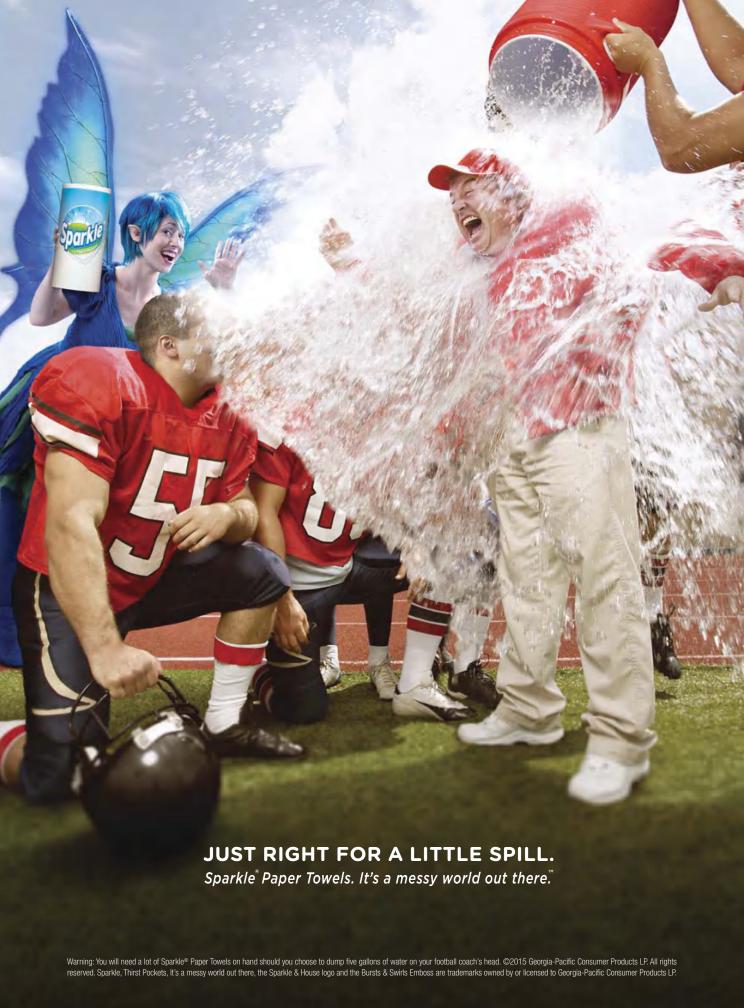


Snap to see more list

to buy

Enter all of our sweepstakes at womansday.com/giveaways





Embrace the Day

"With each day, I give thanks for the blessings of life—the blessings of another day and the chance to do something with it."

MAMIE TILL-MOBLEY. Author







MAKE **PHOTOS** SHINE

Leeber Gold Glitter 4" x 6" Picture Frame, \$15; macys.com



Fun Finds \$20 & Under

These pretty, perfect-for-a-friend picks all twinkle with joy!



S EYE SHIMMER

Luster Lux Glitter Pigments, \$18.40 each (originally \$23); bodyography.com



CUTE CLUTCH

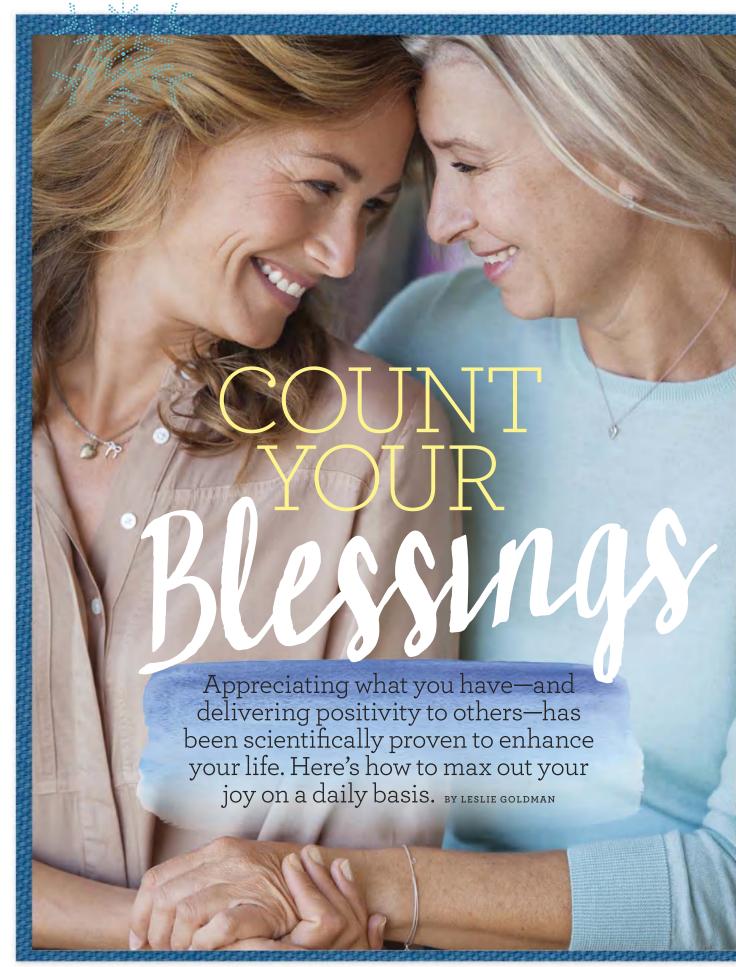
Two's Company Golden Rule Cut Out Wallet, \$20; shoplittlemissmuffin.com

FLASHY LIGHT

Kate Aspen "All That Glitters" Gold Votive, \$11 for 4; amazon.com







Be a Force for Good

Giving a friend, neighbor or even a stranger a reminder that the universe can be a happy place may make you happy, too. "When you try to be a blessing to someone else, it shifts the focus from yourself to the important social bonds in your life, building a feeling of gratitude for those relationships and fostering a sense that life is good," says Kristin Layous, PhD, assistant professor of psychology at California State University, East Bay. Even one kind gesture may boost your mood. Below, simple do-good acts that will make those around you feel blessed.

Let go of a lottery ticket

Buy a scratch-off, put it where a stranger can find it, then watch the fun begin. This works with dollar bills, too. "Every day I plant a single somewhere, like a mailbox," says Rachel Kessler of New York City. "The other day I released one into the wind. An elderly woman caught it and was so happy."

Leave a coupon

"I'll tuck really good coupons beside the product on the store shelf for a dose of random awesomeness," says Cheryl Laughlin of Lodi, CA. Or, if you've used a gift card and have just a few dollars left on it, hand it to the person behind you in line to pay.

Remind a mom she's doing a stellar job

Applaud a mom (or dad) for wrangling multiple children with skill. Even if the kids are going bonkers, "tell her that she's doing a great job, and the day will get better," suggests Kristen Engle of Elmhurst, IL.

Be a snow ange

Clear your neighbor's driveway, sidewalk or snowcovered car, especially if he or she is old or sick. You will be making that person's life so much easier and safer.

Ship soldiers a care package

Collect useful items, such as sunblock, toothpaste or bug spray, as well as candy, and add a few drawings from your kids to make someone's day. Operation Courage is Beautiful (operationcourage .org) also sends items to military women overseas.

Recognize hard work

Police officers, healthcare professionals, social workersthese folks have tough jobs, and often must contend with people when they're not at their best. Your words of appreciation mean a lot.

Give blood

Donating blood is easy and free, and you could help save someone's life.



Positive perspective

of women reported being more likely to feel grateful than they were 10 years ago.*



WHY I FEEL BLESSED

My eight years as a nurse on a cancer ward was the most rewarding work I've ever done. It's where I learned my compassion and found out that miracles were possible. 🤻

Stephanie Smith, 58, Omaha, NE

Research shows that gratitude and happiness are strongly connected. Happy people enjoy these perks:

You're likely to feel more optimistic. Noticing and analyzing what goes well in life may help you build the skill of remembering good events over bad, which is linked to feeling happier.

You could live longer. Happier people with positive outlooks that are enhanced by feeling gratitude tend to have

You may feel less physical pain. Stress amplifies pain, and thinking positive thoughts, such as what is working in your life or how things are starting to get better and better, helps you cope with stress.





WHY I FEEL BLESSED

At 70 years old, my mother still keeps up the practice she began decades ago when I went off to college: She mails me a handwritten note of encouragement every single week. I always look forward to receiving that little drop of home. Her beautiful scripted letters—always with a fun stamp and lovely stationery—are something I truly treasure.

Miii Bell. 45. Baltimore

Your relationships may feel more meaningful.

Thinking about the people who are blessings to you makes those connections feel more satisfying.

You'll possibly catch fewer colds. Research shows that people who count their blessings report that they have fewer sniffles and sneezes.

You may even exercise more. Positive emotions have been shown to boost energy. Highlighting the good things in your life may also remind you of the many reasons to stay healthy.

Your heart could grow stronger. Experiencing positive emotions like appreciation is linked with the right amount of variation in heart rate, a sign of a healthy ticker.

SOURCES: Kristin Layous, PhD, assistant professor, psychology, California State University, East Bay. Martin Seligman, PhD, professor of psychology, University of Pennsylvania, and director, Penn Positive Psychology Center.



WHY I FEEL BLESSED

I feel so lucky when my 10-year-old niece says to me while watching me put on makeup, 'Auntie, why do you wear makeup? You don't need it.'

Stephanie Quilao, 48, San Francisco

The thankful gender

of women felt strongly that they had so much in their lives for which to be grateful (only half of men did).'





WHY I FEEL BLESSED

I had liver disease and needed a transplant. Last year on Valentine's Day, I found out that my husband, Jack, was a match. Now I'm blessed with another 30-plus years of life and I get to watch my children grow up and hopefully see my grandchildren. He gave me my life back.

Ruth W. Cohen, 49, Denver

Your 4-Week Happiness Plan

Grab a notebook and write down three things that go well every other day for one week, along with a simple explanation.

WEEK 2

Send a guick email each day to someone in your life, explaining why he or she is a blessing to you.

WEEK 3

Think about things other than your stuff. A 2014 study found that people who are more materialistic are less grateful. Try to focus on the pure, lovely white snow falling outside, not on the fancy new car parked in your neighbor's driveway.

WEEK 4

Don't forget to say thank you. Thank the drive-through server for including extra ketchup; thank a stranger for holding the door open for you. Expressing gratitude will give both you and the other person a lift.

With additional reporting by Emily Gregor



WHY I FEEL BLESSED

I live far away from my family but have always had luck finding friends who become like family to me. When my husband passed away five years ago, a close coworker helped me with funeral home arrangements; neighbors brought over food. They have become my dearest friends.

Lourdes Gandy, 51, Dublin, OH

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Santa's WORKSHOP

The Happy Factory builds toys for kids in need all over the world.



t's 4 a.m. on a Monday morning, and 80-year-old Donna Cooley (above) of Cedar City, UT, is already awake, sorting pieces of scrap wood into piles. She keeps the mahogany, maple and black walnut, and tosses soft pinewood because it causes splinters. In the next few hours, her workshop—called The Happy Factory, her "home away from home"—will fill with up to 50 volunteers, from college students to retirees, ready to spend their day sawing, drilling and sanding the wood into six different types of toy cars. They make about 100 cars every day, and each one is shipped to a sick or underprivileged child in America and also to children in countries around the world.

The giving spirit

"My late husband, Charlie, used to tell me, 'We may not be able to make a toy for every child in the world who needs one, but we're going to try," says Donna.

Charlie and Donna picked up toy making when they retired in 1995. At the start they only crafted items for their grandkids, but in February 1998, after they gave extras to a children's hospital, they were inspired to start a nonprofit.

"The lady who accepted the toys had tears on her face. We realized we had found a way to use our free time for good," says Donna.

The couple began regularly donating to the hospital. They tried

to keep it a secret, but word quickly spread. Police departments, shelters, global aid organizations, and more started requesting toys. A professor at Southern Utah University. where Donna and Charlie had worked.

> **Support The Happy** Factory by visiting happyfactory.org.

gave 5% of her estate to purchase tools. Cabinet shops supplied wood, and donations helped move the factory out of Charlie and Donna's garage and into its own building.

Spreading joy

So far The Happy Factory has donated more than 1.3 million toys to needy kids. Though Charlie passed away in 2011, his impact lives on. Donna receives many thankful letters for her work, and her favorite sight is the smile of a child holding a toy. "Everyone saw this purpose and came together," she says. "It has changed my life. I'm surrounded by good people every day. You can't ask for anything better than that."



Tell us what you think of this issue and you'll be entered for a chance to

Win \$5,000



Visit decembersurvey.womansday.com to get started!

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Va-dry-na?

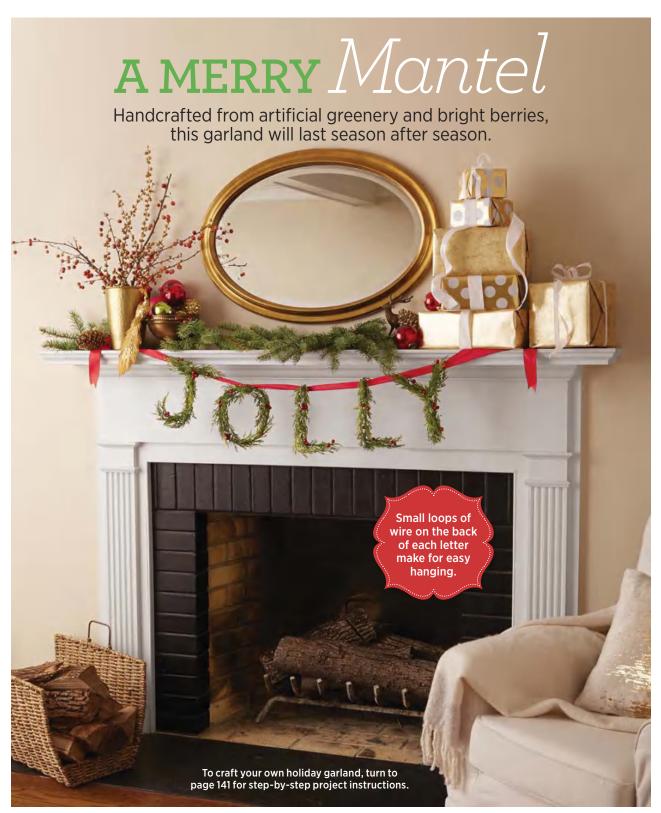


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The Cable

Host a gathering with just a few affordable add-ons to the dishes you already own.





Update a traditional holly or Christmas tree motif with candy cane stripes and solid red and green accessories.



Red Vanilla Freshness Mix & Match Red Salad Plates, \$79 for 6; overstock.com



Spiral Line Short Tumbler, \$5.95; pier1.com



Lenox Poinsettia Napkin Rings, \$40 for 4; macys.com. Sustainable Threads Nostalgia Ella Napkin, \$39.99 for 4; wayfair.com.



Large Mercury Glass Pillar Holder, \$37.50; taghomedecor.com



A rich plaid plate makes any hue look wintry. Add texture with woodsy napkin rings and warmth with cozy faux cable-knit candles.



Tartan Dessert Plates, \$42 for 4; onekingslane.com



Cecelia Footed Glasses, \$55 for 4; birchlane.com



C&F Enterprises Pine Cone Napkin Ring, \$25.50 for 6; wayfair .com. Cotton Cross Stitch Napkin, \$12; shopterrain.com.



Cable Knit 6" Pillar, \$36; etaldesigns.com



Most formal patterns already have metallic touches. These complementary gold and silver pieces lend celebratory flair.



Gift Boxed Appetizer Plate Set, \$29.95 for 4; paperproducts design.com



Bubble Coupe Glasses, \$58 for 4; fab.com



Park B. Smith Stardust Napkin Rings, \$30 for 4; jcpenney.com. Arrow Dinner Napkins, \$16 for 2; fab.com.



Wintertime Wishes Holiday Candle, \$22; greenleafgifts.com



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- Trace the star template (available at womansday.com /ornaments) onto cardboard and cut out.
- 2 Cut the red tips off 4 wood safety matches and make a plus sign in the center of the star as shown; secure with craft glue.
- 3 Glue matches, tips out, to fill each of the 4 sections.
- 4 To hang, use hot glue to attach a loop of red embroidery floss to the back of one of the points of the star.

>> PAPER BIRD

- 1 Trace the head, breast and body templates (available at womansday.com /ornaments) onto wrapping paper and use scissors to cut out.
- 2 Thread a sewing needle with embroidery floss. Working from neck to beak, whipstitch the head piece to one of the body pieces. Then, working from beak to neck, whipstich the head to the second body piece. Continue to stitch the body together along the top and bottom of the tail.
- 3 Working from tail to beak, stitch one side of the breast piece to one side of the body. Stuff the bird with cotton batting. Then, working beak to tail, finish stitching the other side of the breast to the body; knot to close.
- 4 Attach rhinestones for eyes with craft glue, then sew a loop of embroidery floss through the top of the bird to hang.

《ALL WRAPPED UP

Delicate yet unbreakable, this decoration looks gorgeous when mixed with traditional glass balls.

- 1 Inflate a water balloon to the size of a baseball and knot.
- Cover with spray starch, then wrap in embroidery floss.
- 3 Saturate the balloon with more spray starch and hang to dry.
- 4 Once dry and firm to the touch (about 12 hours), pop the balloon with a pin and gently remove through an opening in the floss. To hang, add a loop of floss to the top.

JINGLY BELL

- 1 Arrange two 1" copper pipe straps (available at hardware stores) on your work surface so the flat ends touch at the top and bottom.
- 2 Use wire cutters to cut a 1" and 7" piece of 26-gauge copper wire (available at craft stores).
- 3 Attach the flat ends at the bottom of the pipe straps together by looping the 1" wire piece through the holes and pinching shut with needle-nose pliers; trim any excess.
- 4 Thread one end of the 7" wire piece through a 16mm jingle bell (\$5.49 for 72; michaels.com). Pinch the wire shut with pliers to secure the bell in place.
- 5 Center the bell in the space between the pipe straps and sandwich the wire between the flat ends at the top. To secure, loop the wire through the top holes twice, then bend the remaining wire into a decorative hook.







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ORGANIZE YOUR HOUSE

Ah, the holidays. When, 15 minutes before guests arrive, you're frantically hiding piles of clutter in every available nook. Stop the madness and take a more thoughtful approach, says Lorie Marrero, WD's organizing pro and creator of *theclutterdiet.com*: "Start at the front door and work your way through the house, just as your quests will." BY RACHEL RABKIN PEACHMAN



ENTRYWAY

Start with

shoes. Walk

each pair that's

accumulated

back to its owner's room.

Next, hang up keys or drop them in a small

bowl on the

table, take mail

to the kitchen (you'll deal with it later), and put coats and umbrellas in the closet.

FRONT DOOR

You may not be thinking about the exterior of your home, but it's the first thing guests see when they arrive. If you have outdoor furniture, make sure it's straight and pillows are neat. Bring umbrellas and boots inside, return empty planters and yard tools to the garage, and coil your hose so it's out of sight.

If it's too cold to tidy up outside, hang a sign on your door that says "Come in!" so guests have less time to look around.

COAT CLOSE

Want to shut the door and forget the mess? Skip ahead. Otherwise, pick up anything preventing the door from opening and closing smoothly. To make room for guests' coats, layer two of your own on one sturdy hanger and slide everything to one side. Add one empty hanger for every two guests (plan to double up their coats, too).

BEDROOM

If you tackled the coat closet, close the bedroom door and keep walking. If not, you'll need a place to keep guests' coats and bags. Put away clean clothes and shoes first, but leave the dirty laundry. (Cover the hamper with a lid or position a towel on top so guests can't see in.) Next, clear jewelry, spare change and papers off the tops of dressers and nightstands. Bring drinking glasses with you to the kitchen.



closet door so you remember to dig it

in a hurry!

Move your drying rack and nonessential appliances on the counters to cabinets or basement shelves so you have room to cook and for guests to rest drinks. Take out the garbage and recycling (this frees up floor space, too), then focus on the fridge: Trash old invites, straighten photos and group unused magnets. Take 5 minutes to sort mail and carry important papers to your desk. (Tuck them in a drawer if you have an out-in-the-open home office.) Return anything else left on the table to its proper home.



DINING ROOM

Have your spouse or kids do a sweep of the surfaces just as you did in the kitchen so you can jump to the next room.

LIVING ROOM

First, streamline the couch. Too many pillows and blankets can look messy-and take up seating. Store extras in the linen closet or laundry room and tidy what's left. Next, clear off the coffee table and side tables. Recycle newspapers and magazines or organize them in a basket, stack books on nearby shelves or under the coffee table (spines facing out), and put remote controls, DVDs and other electronics in the TV console. Give crooked picture frames and decorative items a quick fix before you walk on.

BATHROOM

Take toiletries off the vanity and hide them in the medicine cabinet or under the sink. Only leave out items that guests will need, like extra hand towels and toilet paper, which you can neatly arrange in a pyramid on a shelf.





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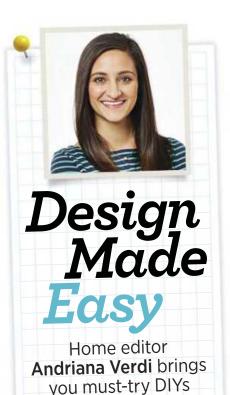






Rhubart





and pretty updates for

every budget.



ORGANIZE YOUR CARDS

Put the easy-to-mount Hanglt Photo Display (\$20; umbra.com) over a desk or in the kitchen for a simple way to show off your season's greetings (no more adhesive tape on your painted walls!). It even comes with mini clothespins that won't crease or bend cards.

DECK OUT THE DOOR

To turn store-bought bows into a jolly wreath, first attach a loop of floral wire (for hanging) around a 16" Styrofoam wreath form (\$3.99; save-on-crafts .com). Then, hotglue gift bows to the front and sides of the form. Keep it festive with a classic red-andwhite combo or mix in powder blue for a wintry look.



It's time to plant paperwhites

Nothing perks me up like fresh flowers. Grab bulbs, pebbles and a vessel without drainage at a garden center and these sweet blooms will grow indoors in about three to five weeks-even when it's frosty out!

WRAP STARS Gift boxes double as decor when you cover them in coordinating papers. Try this trio:





>>> The whimsical print will make kids and adults smile. Holiday Llamas Wrapping Paper (\$7.95 per roll; papersource.com).



This is one sweater they'll actually be happy to unwrap. Red Cable **Sweater Recycled** Wrap (\$8.95 per roll; containerstore.com).



Dermatologist Recommended for Scars and Stretch Marks.



"A friend recommended Bio-Oil for some scars I got back in May of last year. I've been using it ever since and I love it! I use it on my scars, stretch marks and my face (the cold dehydrates my skin terribly) and I have to say, your product is amazing! I recommend it to anyone and everyone. I even got my mom and one of my aunts to start using it. I will be sticking to Bio-Oil now and in the future. Thank you for creating such a wonderful product." Roxann Peniche



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Wishing Your Daughter Life's Every Happiness



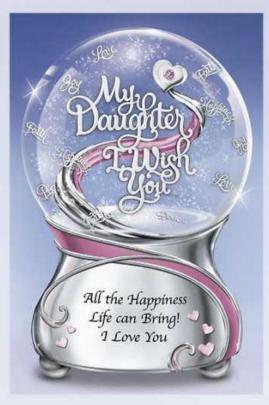
A Mother wishes her daughter all the best that life can bring. Now an enchanting musical edition shows her your love with silver stars and heartfelt wishes for Love, Happiness, Peace and more, that swirl inside the glitter globe with a gentle shake. The *My Daughter*, *I Wish*You Musical Glitter Globe has a beautiful pink swirl design on the silver base that continues inside the globe, where a genuine Swarovski crystal caps a silver heart. The sentiment on the base puts your loving most feelings into words. It plays "You Are So Beautiful" and includes a lovely poem card.

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My Daughter, I Wish You

Heartfelt Wishes Musical Glitter Globe



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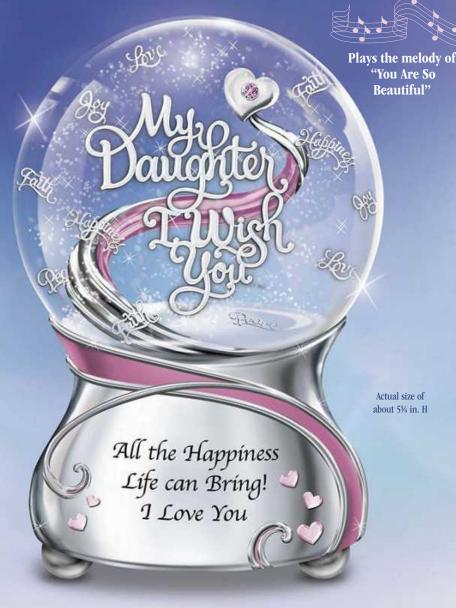
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Cute& Comfy Under \$50

Style editor **Donna** Duarte-Ladd brings you her favorite deals and discoveries this month.

VEARABLE STRIPES

A non-clingy cut and a wash of color between the lines make the Attention Women's Blouse (\$21.99; kmart.com, Sizes XS to XL) a flattering find.

NO HAT HEAD!

You know I hate when my 'do gets flat. These Faux Fur Earmuffs (\$39.95; thelimited .com) fight the chill without smushing.

WATCH OPTIONS

At this price, you can own a few Liz Claiborne New York Simulated Tortoise Shell Leather Watches (\$34 each; qvc.com) and wear whichever one matches your outfit.

2-IN-1 BAG

My new favorite tote has polka dots one day, then I flip it inside out to solid black the next. Love! Reagan Reversible Tote, \$48.60 (originally \$54); mud-pie.com

EMILY KATE ROEMER/STUDIO D. ON-SET STYLIST: SHARON RYAN FOR HALLEY RESOURCES. GLASSES: ERIKA LAPRESTO/STUDIO D.

BEST VEST

This fleece-lined, nipped-waist **Quilted Puffer Vest** (\$34.94; oldnavy .com, Sizes XS to 4X) gets an award because it's well-cut and warm. The gold zipper is such a nice touch!



Snap to buy the products on this page. Get the WD app, page 12. Comes in

6 pretty colors

CLASSIC SPARKLE

The Mossimo High Waist Flare Skirt (\$22.99; target.com, Sizes XS to XL) can be dressed up for holiday parties or down for work.

BY THE BOOK

Finally! I found a pair of affordable readers with style. Stanford Eye Glasses, \$32; eyebuydirect.com

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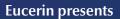
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SKIN SCIENCE MADE SIMPLE

LISTENING TO OUR SKIN'S NEEDS IS KEY TO MAINTAINING PROPER MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.



"Being able to identify different skin needs, AND the right products to address them, is one of the easiest ways to achieve healthy looking skin."

-DR. FLOR MAYORAL, MD

Diagnostic	Checkl	ist
------------	--------	-----

Check all that apply:

- 1. Itchy Skin
- 2. Sensitive Skin
- 3. Dry, Flaky Skin
- 4. Irritated Red Patches
- 5. Eczema Flare-ups

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



☑ 1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



☑ 2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



🗹 3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique tripleaction formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



✓ 4. IRRITATED RED PATCHES

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, 4 out of 5 children remained flare-up free for up to 6 months.

☑ 5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.





IF YOU LIVE IN THE...

MIDWEST OR NORTHEAST

BLISTERING

"Low humidity and chilly temperatures mixed with dry indoor heat make it almost impossible to keep your skin moisturized," says Joshua Zeichner, MD, a New York City-based dermatologist. When the outer layer of skin cracks, it leads to inflammation. Translation: itchy, flaky skin. Staying hydrated is important, but for where you live, it's critical.

To the rescue: When face cream isn't cutting it, add a drop of facial oil to dry patches. Before bedtime, apply a deeply hydrating mask to nourish parched skin.



FREEMAN

Sonia Kashuk Radiant **Boost Restorative Facial** Oil. \$14.99: target .com. Freeman Hibiscus Overnight Repair Mask, \$7.99; freemanbeauty.com.

IF YOU LIVE IN THE...

NORTHWEST OR MOUNTAINS

HIGH ALTITUDE

Living close to the sun puts your skin at risk of aging faster. "Your skin is exposed to increased UV penetration, even in the winter," says Joel L. Cohen, MD, a dermatologist in Englewood, CO.

To the rescue: Use a healthy dose of broadspectrum physical sunblock year-round to stop UVA and UVB rays from damaging your skin. Also a must: Apply a retinoid to help repair any UV damage that's already taken place. Bonus: It will help soften fine lines, too.



RoC Retinol Correxion Deep Wrinkle Serum, \$22.99; at drugstores. EltaMD Daily Broad-Spectrum SPF 40, \$26; dermstore.com.

IF YOU LIVE IN THE...

SOUTHWEST OR WEST

DRY, COOL

"With nightly temps dipping into the 40s and the moisture-zapping dry air, skin can quickly lose its luster," says Shirley Chi, MD, a Glendale, CA, dermatologist. Exfoliating helps but can irritate dry skin. Try vitamin C, which brightens without causing redness.

To the rescue:

A soy-based cleanser will wash without stripping moisture. At night, apply a serum that contains antioxidants like vitamins C and E to promote a healthy glow.



Aveeno Positively **Radiant Brightening** Cleanser. \$6.99: at drugstores. Pixi by Petra Overnight Glow Serum, \$24; target.com.

IF YOU LIVE IN THE...

SOUTH

YEAR-ROUND HUMIDITY

You don't need heavy creams. "The moisture in the air works with your skin to prevent dryness," says Patricia Farris, MD, a dermatologist in New Orleans. And dark spots show up more on winter skin, so now's the perfect time to address hyperpigmentation.

To the rescue:

Stick with a light hydrating serum to avoid clogged pores. Then, apply a BB cream with ingredients that will correct skin tone while covering up age spots.



Lancôme Hydra Zen **Anti-Stress Beauty** Essence, \$49; lancomeusa.com. Neutrogena Visibly Even BB Cream, \$16; at drugstores.



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inexpensive kitwith wax, three color options and a brush-really work?" ease. I was able to blend together two of the three shades to create the right color for me. The powder also stayed in place and lasted until I washed my face."

>> Visit Angie's Hot & Flashy blog for more tips: hotandflashy50.com

are more taupe than brown so they look natural."

Better Brows, Now!

If yours are barely there, here's help.

ispy eyebrows? All those years of plucking may have taken their toll. "When you pull out hairs there is a chance of permanent follicular damage," says David E. Bank, MD, a dermatologist in Mt. Kisco, NY. What's more, hormonal changes slow down the hair growth cycle, adding up to sparseness. Luckily, it's not hard to fake a lush appearance. Try these tips from Cheryl Renella, celebrity brow stylist at Channing's Studio & Spa in Chicago. All vou'll need is a brow kit (one with wax and powder) and a brow brush or other grooming tool to help keep strands in line.

STEP 1: Outline with wax

Use the wax to cover bare spots and define the shape. The wax will stick to peach fuzz and ensure that the powder clings, so you get the fullest look possible.

STEP 2: Fill in the shape

Lightly press powder over the wax in the direction of your hair's growth. Focus on the arch to create a defined space between your browbone and lid.

STEP 3: Blend the color

Use a brush or cotton swab to lightly blend and provide a natural finish. This will tame unruly hairs, too.

DOESN'T HAVE TO FLATTEN ME



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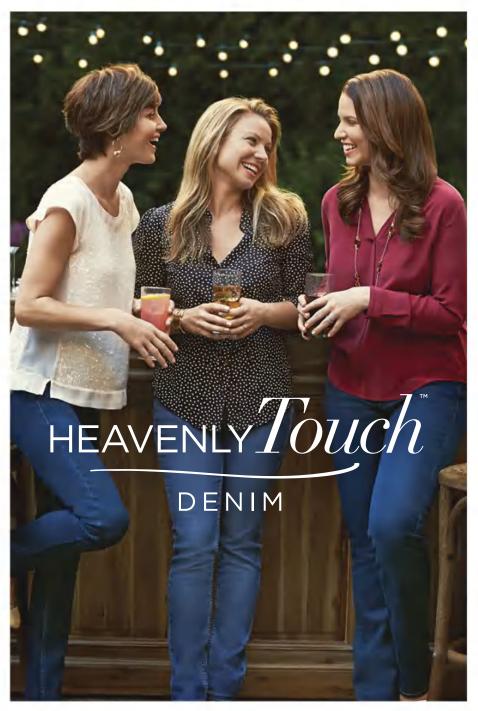
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MAKING Spirits

Warm up your kitchen with WD's recipes for the

best holiday ever.

Recipe, page 79

Sweet

Cookbook











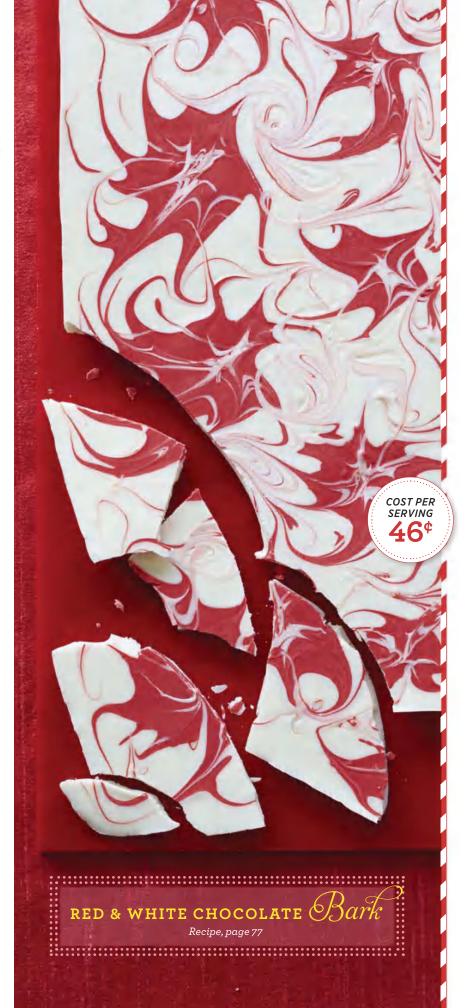




ACTIVE 1 HR ◆ TOTAL 2 HR 5 MIN (PLUS COOLING) **MAKES** 4 DOZEN MERINGUES **COST PER MERINGUE** 20¢

- 4 large egg whites Pinch of kosher salt
- ½ tsp cream of tartar
- 1 cup superfine sugar Red gel food color
- 10 oz white chocolate, finely chopped
- 11/2 cups finely shredded coconut
- 1 Heat oven to 225°F and line 2 large baking sheets with parchment paper.
- 2 Using an electric mixer with the whisk attachment, beat the egg whites and salt in a large bowl on medium-high speed until stiff peaks form, 5 to 7 minutes.
- 3 Add the cream of tartar, then increase the speed to high and gradually add the sugar 1 Tbsp at a time, waiting 4 to 5 seconds between additions, until the meringue forms stiff glossy peaks; transfer 1/3 cup of the plain meringue to a small piping bag with a small round tip. With the mixer running, add the food color to the remaining meringue and tint to desired color.
- 4 Transfer the red mixture to a large piping bag with a large star tip. Pipe Santa hats onto the prepared baking sheets, spacing them 11/2 in, apart. Using the reserved plain meringue, top each peak with a dot (for the cotton ball). Bake, rotating the pans halfway through, until no longer tacky but still soft, 60 to 65 minutes. Let cool completely on the sheet.
- 5 Once cool, melt the white chocolate in the microwave. Dip the bottom ½ in. of each Santa hat into the melted chocolate, shaking off any excess, then immediately coat in the coconut. Repeat with the cotton ball. Transfer back to the parchment-lined baking sheets and let set.

PER MERINGUE 63 CAL, 3 G FAT (2 G SAT FAT), 1 MG CHOL, 20 MG SOD, 1 G PRO, 9 G CAR, 0 G FIBER





white or red-tinted royal icing (page 142), pipe ribbons on the presents.



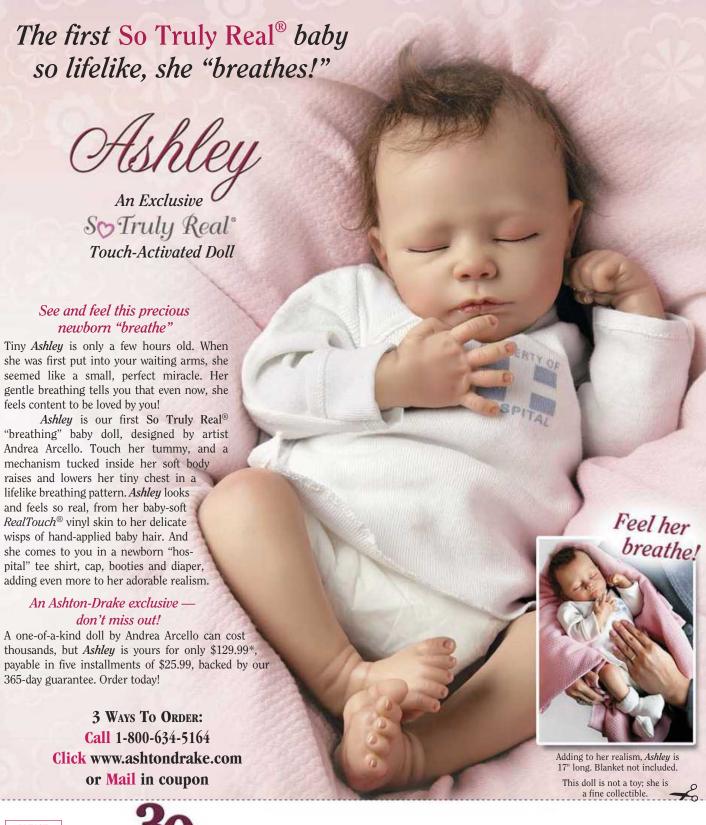
ACTIVE 20 MIN + TOTAL 20 MIN + MAKES 8 **COST PER NAPOLEON** 63¢

Using an electric mixer with the whisk attachment, beat 1 cup heavy cream, 2 Tbsp confectioners' sugar and 1 tsp pure vanilla extract in a large bowl until soft peaks form. Transfer to a piping bag with a large star tip. Form two-layer sandwiches with 24 waffle cookies, 6 oz raspberries and the whipped cream, piping the cream between the raspberries. Dust with 1 Tbsp confectioners' sugar. Serve immediately.

PER NAPOLEON 277 CAL, 17 G FAT (10.5 G SAT FAT), 66 MG CHOL, 82 MG SOD, 3 G PRO, 29 G CAR, 1 G FIBER



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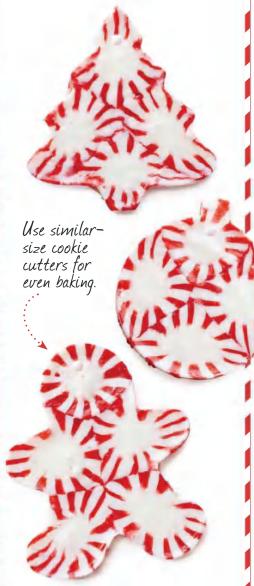
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Ornaments

Heat oven to 350°F. Coat the insides of metal cookie cutters with nonstick cooking spray and place on a parchmentlined baking sheet. Arrange peppermint candies (breaking them for smaller cutters) inside the cutters (there should be space between the candies). Bake until the candies have melted, 5 to 6 minutes. Let the candies cool for 1 minute, then, with a greased skewer, make a small hole in the candy. Let cool completely, then gently pop out of the mold.





CHECKERBOARD CAKE

ACTIVE 1 HR 15 MIN

TOTAL 2 HR 5 MIN → SERVES 12

COST PER SERVING \$1.05

FOR THE CAKE:

Oil, for the pans

- 3 cups cake flour
- 1 Tbsp baking powder Pinch of kosher salt
- 1 cup whole milk
- 6 large egg whites

- 1 tsp pure vanilla extract
- 3/4 cup (1½ sticks) unsalted butter
- 1½ cups granulated sugar
- 4 tsp red liquid food color
- 1 tsp almond extract
- 1/4 cup apricot jam

FOR THE FROSTING:

- 1/4 cup unsalted butter, at room temperature
- 1 8-oz pkg cream cheese, at room temperature
- $1\frac{1}{2}$ cups confectioners' sugar
- ½ tsp pure vanilla extract
- Heat oven to 325°F. Lightly oil two 8½ x 4½-in. loaf pans and line with parchment paper, leaving a 1-in. overhang on the two long sides; oil the parchment. In a large bowl, sift together the flour, baking powder and salt. In a medium bowl, whisk together the milk, egg whites and vanilla.

2 Using an electric mixer, beat together the butter and sugar in a large bowl until light and fluffy, 3 to 4 minutes.

- 3 Reduce the mixer speed to low and alternate adding the flour and milk mixtures. Transfer half the mixture (about 2½ cups) to a bowl and mix in the food color. Add the almond extract to the remaining batter in the mixing bowl.
- 4 Transfer each batter to a prepared pan and bake until a wooden pick inserted into the center comes out clean, 50 to 60 minutes. Let each cake cool for 5 minutes in the pan, then use the overhangs to transfer to a rack to cool completely.
- 5 Meanwhile, make the frosting. Using an electric mixer, beat the butter and

cream cheese in a large bowl until smooth. Add the confectioners' sugar and beat until light and fluffy, 2 to 3 minutes. Beat in the vanilla.

6 Heat the jam in a small saucepan until melted, then push through a wire mesh sieve or strainer.

2 Cut the rounded tops off each cake and trim all of the sides to remove the brown edges. Cut each cake into two long strips that are equally tall as wide (about 11/4 in. wide; you will have scrap pieces of cake). Using the apricot jam as glue, put the strips of cake together in a checkerboard pattern. Spread the cream cheese frosting all over the cake.

PER SERVING 529 CAL, 23.5 G FAT (14 G SAT FAT), 64 MG CHOL, 258 MG SOD, 7 G PRO, 74 G CAR, 1 G FIBER

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RED & WHITE CHOCOLATE BARK

ACTIVE 20 MIN ◆ TOTAL 20 MIN (PLUS COOLING) **→ SERVES** 10

- 1 lb white chocolate, finely chopped
- 3 oz red candy melts
- 1 Line a 9 x 13-in. cake pan with nonstick foil or parchment paper, leaving a 2-in. overhang on all four sides.
- 2 Place the white chocolate in a microwave-safe bowl and melt on medium, stirring every 20 seconds, until smooth (about 80 seconds). Spread into the prepared pan.
- In a small microwave-safe bowl, melt the red candy melts on medium, stirring every 20 seconds, until smooth (about 60 seconds).

Drop small spoonfuls of the red candy melts onto the white chocolate and, using a knife or skewer, swirl the red candy melts through the white chocolate.

4 Refrigerate the chocolate until set, about 20 minutes. Break into pieces before serving.

PER SERVING 289 CAL, 17 G FAT (11 G SAT FAT), 10 MG CHOL, 50 MG SOD, 3 G PRO, 32 G CAR, 0 G FIBER





MARSHMALLOWS

ACTIVE 35 MIN → TOTAL 35 MIN (PLUS OVERNIGHT RESTING) **MAKES** 25 MARSHMALLOWS

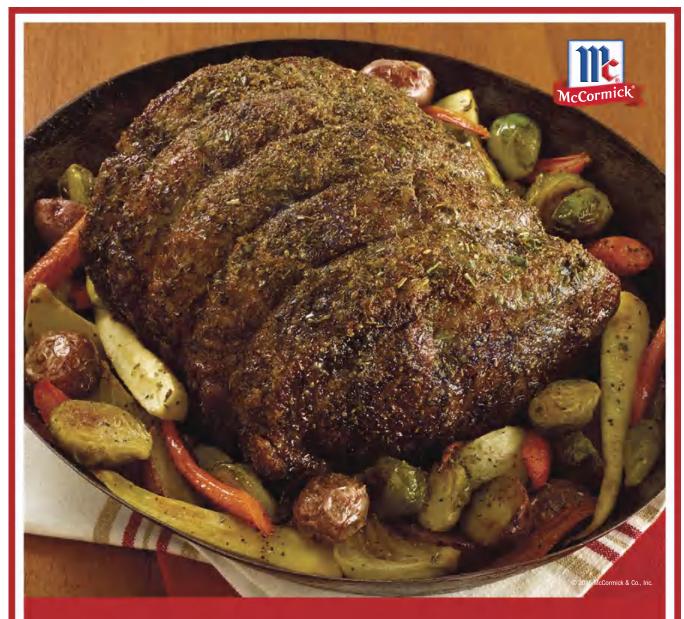
- 3 0.25-oz pkgs powdered
- 5 Tbsp plus ½ cup water Cooking spray
- 3/4 cup granulated sugar
- ½ cup corn syrup
- 2 tsp pure vanilla extract Red food color
- 2 Tbsp confectioners' sugar

- 2 Tbsp cornstarch Crushed peppermint candies (optional)
- 1 In a small microwave-safe bowl or measuring cup, whisk the gelatin into 5 Tbsp water and let sit for 10 minutes.
- 2 Meanwhile, line an 8-in. square cake pan with plastic wrap, leaving an overhang on all four sides; coat with cooking spray.
- 3 In a small saucepan with a candy thermometer attached, combine the granulated sugar with ½ cup water and 1/4 cup corn syrup. Bring the mixture to a boil and cook until it reaches 230°F, about 10 minutes.
- 4 Meanwhile, melt the gelatin mixture in the microwave, about 30 seconds on high, then transfer to the large

TURN TO PAGE 79 →

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START WITH PURE FLAVORS. END WITH PURE CHEER.



McCormick® Herbed Prime Rib

2 tbsp. McCormick Basil Leaves 2 tbsp. McCormick Oregano Leaves

1 tbsp. McCormick Garlic Powder 2 tsp. McCormick Onion Powder

1 tsp. McCormick Ground Black Pepper

1 boneless beef rib roast (5 to 6 lbs.)

2 tbsp. oil

1 tsp. salt

MIX first 5 ingredients in small bowl. Set aside. Trim excess fat from top of beef, leaving a layer of fat about 1/4-inch thick. Place roast on rack in shallow roasting pan. Brush beef with oil. Sprinkle with salt. Coat with seasoning mixture.

ROAST, uncovered, in preheated 350°F oven until internal temperature reaches 130°F for medium-rare (13/4 to 21/4 hours) or 140°F for medium (21/4 to 23/4 hours). Begin checking internal temperature of roast with meat thermometer 30 minutes before estimated end cook time. Cover with foil and let stand 15 minutes before carving. The temperature of the meat will rise about 10°F during standing.

Makes 16 servings.

Tip: To prepare recipe with roasted vegetables, visit mccormick.com

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bowl of an electric mixer (with the whisk attachment). Add the remaining 1/4 cup corn syrup and run the mixer on low (this will prevent the gelatin from setting while you make the sugar syrup).

- **5** Once the sugar mixture reaches 230°F, immediately add to the gelatin mixture in a slow and steady stream (keeping the mixer running on low the whole time). Increase the speed to high and beat until the mixture is thick and doubled in volume, 5 minutes. Reduce the speed to low and add the vanilla and red food color. Increase the speed to high and beat for 5 minutes.
- 6 Coat a rubber spatula with cooking spray and use to quickly transfer the mixture to the prepared pan; let sit at room temperature overnight.
- In small bowl, whisk together the confectioners' sugar and cornstarch. Sprinkle the cornstarch mixture on a clean cutting board. Invert the marshmallow on top and cut into squares. If using, right before serving, coat the edges with the crushed peppermint candies.

PER MARSHMALLOW 61 CAL, 0 G FAT (0 G SAT FAT). 0 MG CHOL, 12 MG SOD, 3 G PRO, 13 G CAR, 0 G FIBER

••••••••••

SPIRAL COOKIE POPS

ACTIVE 35 MIN ◆ TOTAL 50 MIN MAKES 30 COOKIES ◆ COST PER SERVING 30¢

- 2³/₄ cups all-purpose flour
- ½ tsp baking powder
- 1/4 tsp kosher salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 3/4 cup sugar
- 1 large egg
- 1½ tsp pure vanilla extract
- 2 tsp red liquid food color
- 6 Tbsp red and white nonpareils Ice cream sticks
- 1 In a large bowl, whisk together the flour, baking powder and salt. Using an electric mixer, beat the butter and sugar until light and fluffy, about 3 minutes. Beat in the egg, then the vanilla.
- 2 Reduce the mixer speed to low and gradually add the flour mixture, mixing just until incorporated. Remove half of the dough and shape into a 1-in.-thick square. Add the food color to the remaining dough and mix to incorporate; shape into a 1-in.-thick square.

3 Roll each square between 2 pieces of wax or parchment paper to a 9 x 12-in. rectangle; refrigerate each for at least 10 minutes and no more than 30 (otherwise it will crack when rolling).

- 4 Remove the top layer of parchment from the plain cookie dough and lightly brush with water. Remove the top layer of parchment from the red cookie dough and invert on top of the plain dough. Peel off the red dough parchment and trim so that the edges are straight.
- 5 Lightly brush the red dough with water, then, starting with the long side facing you, using the parchment paper to guide you, roll the dough into a tight cylinder. Refrigerate on parchment for 1 hour (and up to 3 days).
- 6 When ready to bake, heat oven to 350°F and line 2 cookie sheets with parchment paper.
- Lightly brush the outside of the cylinder with water, then roll in the nonpareils. Slice the cookies into ¼-in.-thick rounds and place cut-side up on the prepared sheets, spacing them 2 in. apart. Gently push an ice cream stick halfway through one end of each.
- 8 Bake, rotating the pans halfway through, until the cookies are lightly golden brown around the edges, 15 to 18 minutes. Let cool on the sheets for 3 minutes, then transfer to a wire rack to cool completely.

PER COOKIE 131 CAL, 7 G FAT (4 G SAT FAT), 22 MG CHOL, 29 MG SOD, 1 G PRO, 16 G CAR, 0 G FIBER









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Oh, Fudge!

Treat yourself to an ooey-gooey (four-ingredient!) dessert from the Six Sisters, WD's new baking columnists.





Meet the Six Sisters

Raised in Layton, UT, (from left) Camille Beckstrand, Stephanie Loaiza, Lauren Adamson, Kristen Hills, Elyse Ellis and Kendra Adamson started their recipe and craft-project blog, sixsistersstuff.com, in 2011 to stay connected.

Now they have 6.7 million readers a month and a new cookbook, Sweets and Treats with Six Sisters Stuff. Follow them on Twitter and Instagram @sixsistersstuff.









sweetened condensed milk



white chocolate chips



peanut butter chips

Sharing is caring

Giving Play

"We started a traveling treat plate that makes its way through our neighborhood piled high with treats, then is refilled and passed on," says fourth-oldest sister Steph. "It's a great way to get to know people who are living nearby and to teach your kids a little about giving. Plus, who can refuse a delicious homemade treat? For the holidays we like to make cookies or fudge for the plate. This recipe was inspired by our mom, whose melt-in-yourmouth chocolate fudge was one of our favorites. As we got older, we started experimenting with variations and this peanut-butter-andchocolate version was born."

>> Go to womansday .com/sharingplate to find your own sharing plate.

TIGER BUTTER FUDGE

ACTIVE 15 MIN → TOTAL 1 HR 15 MIN → MAKES 25 PIECES → COST PER PIECE 49¢

Cooking spray, for the pan

- 2 cups plus ½ cup milk chocolate chips
- 2 14-oz cans sweetened condensed milk
- 1 cup white chocolate chips
- 1 cup peanut butter chips
- 1 tsp vegetable oil
- 1 Line a 9 x 9-in. pan with foil, leaving a 2-in. overhang on two sides. Coat the foil with cooking spray.
- 2 Place 2 cups milk chocolate chips and 1 can condensed milk in a large microwavesafe bowl and heat, stirring every 30 seconds, until melted and smooth, about 2 minutes. Transfer the mixture to the prepared pan.
- 3 Place the white chocolate chips, peanut butter chips and remaining can condensed milk in a clean large microwave-safe bowl and heat, stirring every 30 seconds, until melted and smooth. Spread the white chocolate mixture evenly over the chocolate mixture.
- 4 Place the remaining ½ cup milk chocolate chips and the vegetable oil in a small microwave-safe bowl and heat, stirring every 20 seconds, until melted and smooth.
- 5 Drizzle over the fudge, then refrigerate until firm, about 1 hour. Using the foil overhangs, lift the fudge from the pan and transfer to a cutting board. Cut into 25 squares. Store in an airtight container up to 1 week.

PER PIECE 274 CAL, 12.5 G FAT (8 G SAT FAT), 15 MG CHOL, 79 MG SOD, 5 G PRO, 36 G CAR, 1 G FIBER

Recipe adapted from Sweets and Treats With Six Sisters' Stuff (Shadow Mountain Publishing, \$16)





Strike gold this holiday season with these honeyglazed nibbles.

> COST PER **SERVING**

FRIED HONEY BITES

- ½ cup (1 stick) unsalted butter
- 1 cup water
- 1 Tbsp sugar
- ¼ tsp salt
- 1 cup all-purpose flour
- 4 large eggs Oil, for frying
- ½ cup honey
- Tbsp orange blossom water or rosewater (in the baking aisle)
- 14 tsp ground cardamom
- 🕦 In a medium saucepan, combine the butter, water, sugar and salt. Bring the mixture to a boil, stirring occasionally to melt the butter. Remove from heat and stir in the flour. Return the mixture to medium heat and cook, stirring constantly, until it pulls away from the sides of the pan and forms a ball of dough. 1 to 2 minutes.
- 2 Transfer the hot mixture to a large bowl. Using an electric mixer on low speed, beat for 1 minute to cool slightly. Beat in the eggs one at a time (the dough will be smooth and shiny). Transfer the mixture to a pastry bag fitted with a large star tip. Heat 2 in. oil in a medium pot to 350°F. In a microwave-safe measuring cup or bowl, combine the honey, orange blossom water and cardamom. Microwave on high for 30 seconds; transfer to a large bowl.
- Working in 4 batches, squeeze 1-in.-long pieces of dough into the oil, using a knife or scissors to help cut them off. Fry until puffed and golden brown, 4 to 5 minutes. Transfer to a baking rack to cool; repeat with the remaining dough.
- Once the honey bites have cooled transfer to the bowl with the syrup and toss to coat.

PER SERVING 207 CAL, 13 G FAT (5.5 G SAT FAT), 82 MG CHOL, 74 MG SOD, 3 G PRO, 21 G CAR, 0 G FIBER

Clinton Makes Over... **Holiday Cocktails**

I can't imagine Christmas without a cup of eggnog, preferably served from a cut-glass punch bowl. Heaven. But that's all I want: one cup. Any more and I feel like I drank a pint of melted ice cream—woozy and vaquely guilty. So here are some of my new favorites, guaranteed to fill your guests with cheer. Enjoy responsibly with my best wishes for you now and in 2016!





Bubbles with bang

Around this time of year, I sit down and share one of these with my 95-year-old grandmother. For real! She's pretty much a teetotaler, but she enjoys this drink. It makes a toast to the new year seem extra-special—and delicious.

FRENCH 75

SERVES 2

In a cocktail shaker, shake 2 small sugar cubes, 2 Tbsp fresh lime juice, 2 oz gin and 1 cup ice. Strain into a champagne glass. Add a few pomegranate seeds, then top with 8 oz champagne or sparkling wine.

Not your mama's punch

Basically this is what happens when mulled wine and sangria meet, fall in love and have a baby. It has all the flavors of the holiday season. but it won't weigh you down.

WINTER SANGRIA

SERVES 8 TO 10

Heat 4 cups red wine, ¼ cup sugar and ½ cinnamon stick or (½ tsp ground cinnamon) in a medium saucepan over medium-low heat just until the sugar dissolves. Transfer to a large pitcher and let cool. Mix in ½ cup Grand Marnier (or Triple Sec), 3 clementines (sliced or cut into pieces) and 2 Bartlett pears (cut into $\frac{1}{2}$ -in. pieces); let sit for at least 15 minutes or refrigerate for up to 3 days. When ready to serve, mix in 2 cups blackberry or black cherry soda. Serve over ice.



I'm never drinking again!

So you overindulged. Stay hydrated and give your brain glucose and your tummy ginger. And just a little hair of the dog-add a small splash of bourbon and you're golden. Well, maybe not golden. but less tarnished.



GINGERY LEMON TEA

SERVES 1

Squeeze the juice of a quarter lemon into a mug; drop in the lemon. Add 1 tsp grated fresh ginger and $\frac{1}{2}$ tsp **honey**. Add 10 oz boiling water and let sit for 3 minutes. Remove the lemon and replace with a small sprig fresh mint.

Want more **CLINTON KELLY**? Watch him on TLC's Love at First Swipe and ABC's The Chew, or go to clintonkelly.com.



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Healthy in 20 Minutes

Soba salad with chicken

WHY IT'S GOOD FOR YOU

Soba noodles

are rich in manganese, which may lower your risk for diabetes and arthritis.

If you don't eat wheat, look for noodles that are made from 100% buckwheat flour.

Soba salad with chicken

ACTIVE 20 MIN + TOTAL 20 MIN SERVES 4 + COST PER SERVING \$1.66

- 8 oz soba noodles
- cup frozen shelled edamame
- 8 oz purple cabbage
- 2 cups shredded, cooked white-meat chicken
- 3 scallions, thinly sliced
- ½ Ib carrots, peeled and cut into ½-in. pieces
- 2 Tbsp finely grated ginger
- 14 cup rice vinegar
- 1 Tbsp low-sodium soy sauce
- 2 tsp light brown sugar
- ¼ cup canola oil Toasted sesame seeds, for serving
- 1 Cook the noodles according to package directions, adding the edamame during the last minute of cooking. Drain, run under cold water to cool, then transfer back to the pot.
- 2 Meanwhile, in a food processor fitted with a thin slicing disk, thinly slice the cabbage and transfer to a large bowl. Toss with the chicken and 1 Tbsp scallions.
- 3 Wipe out the food processor and put in the standard blade. Add the carrots, ginger, vinegar, soy sauce and sugar and pulse until finely chopped. With the

processor running, slowly add the canola oil until fully incorporated.

4 Toss the noodles with ¼ cup of the dressing, then fold in the chicken mixture. Sprinkle with the remaining 2 Tbsp scallions. Serve with the remaining dressing and sesame seeds, if desired.

PER SERVING 540 CAL, 19 G FAT (2 G SAT FAT), 60 MG

fuller longer.

WHY IT'S

GOOD FOR YOU

Edamame is high in both fiber and protein, a combo that will

help keep you



Tasty, family-pleasing recipes that don't take a lot of effort or ingredients.

UNDER 400 CALORIES

Beer-battered fish tacos

ACTIVE 30 MIN + TOTAL 30 MIN + SERVES 4 **COST PER SERVING \$3.08**

- 3 Tbsp fresh lime juice Kosher salt and pepper
- ½ small red cabbage (about 12 oz), cored and thinly sliced
- 1/2 small red onion, very thinly
- 1 jalapeño, thinly sliced Canola oil, for frying
- ½ cup flour
- 1/2 tsp baking powder
- 1/4 tsp ancho chili powder
- ½ cup beer
- 1 large egg, beaten
- 1 lb skinless cod fillet, cut into 3-in.-long pieces
- 8 corn tortillas, warmed Sliced avocado, cilantro, sour cream and hot sauce, for serving
- 1 Heat oven to 250°F. Set a wire rack on a rimmed baking sheet and place in the oven.
- In a large bowl, whisk together the lime juice and 1/2 tsp each salt and pepper. Add the cabbage, onion and jalapeño and toss to coat.
- 3 Heat 1 in. oil in a large deep skillet or Dutch oven to 360°F. In a medium bowl, whisk together the flour, baking powder, chili powder and ½ tsp salt. Stir in the beer and the egg.
- 4 Working in 2 batches, dip the fish in the batter and cook until golden brown and cooked through, 5 to 6 minutes. Transfer to the wire rack to keep warm; repeat.
- 5 Fill the tortillas with the fish, cabbage slaw, avocado, cilantro, sour cream and hot sauce, if desired.

PER SERVING 363 CAL, 12 G FAT (2 G SAT FAT), 86 MG CHOL, 584 MG SOD, 25 G PRO, 40 G CAR, 5 G FIBER



SWITCH IT UP

To make a taco salad, toss torn romaine lettuce with the cabbage slaw and a dollop of sour cream. Fold in 1 can pinto beans (rinsed) and some cilantro; top with the fish and avocado.



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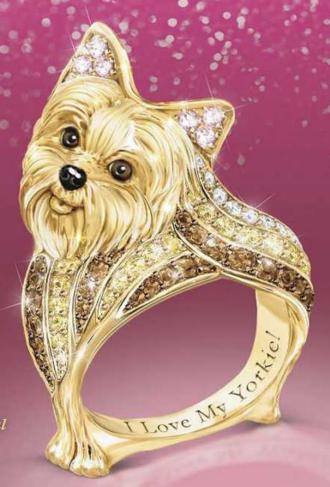
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ONE-PAN MEAL

Lemony roast chicken with potatoes and olives

ACTIVE 10 MIN → TOTAL 40 MIN → SERVES 4

- 1 lb potatoes, cut into ³/₄-in. pieces
- ½ cup green olives
- 2 tsp fresh thyme leaves
- 3 Tbsp olive oil Kosher salt and pepper
- 1 lemon, halved
- 1 tsp paprika
- 4 small chicken legs, split (4 drumsticks and 4 thighs; about 2½ lbs)

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4 cups baby kale

- 1 Heat oven to 425°F. On a large rimmed baking sheet, toss the potatoes, olives and thyme with 2 Tbsp oil and ¼ tsp each salt and pepper. Place the lemon halves cut-side down on the baking sheet.
- 2 In a bowl, combine the paprika, remaining Tbsp oil and ½ tsp each salt and pepper. Rub the mixture all over the chicken and transfer to the baking sheet, nestling it among the vegetables.
- 3 Roast the chicken and vegetables until the chicken is golden brown and cooked through, 25 to 30 minutes.
- 4 Transfer the chicken to plates, scatter the kale evenly over the vegetables remaining in the pan and return to the oven until the kale is just beginning to wilt, about 1 minute. Fold the kale into the potatoes, squeeze the juice of the lemons over the vegetables and serve with the chicken.

PER SERVING 656 CAL, 45.5 G FAT (11 G SAT FAT), 192 MG CHOL, 792 MG SOD, 38 G PRO, 23 G CAR, 4 G FIBER



MAKE IT VEGETARIAN

Substitute ½ lb sweet potatoes (cut into ¾-in. pieces) for the chicken. Roast the vegetables on nonstick foil. After wilting the kale, move the vegetables aside to make 4 small holes. Crack an egg into each hole; roast 8 to 10 minutes for slightly runny yolks.

SERVING

An inside look at Woman's Day events, promotions and special offers



Here's to Your Health This Holiday Season!

You've made your list, and checked it twice. As you get ready for the busy holiday season, take time to keep yourself and your family healthy. Make sure you have the right health insurance plan, that fits the needs of your family, so you are prepared for any surprise the holidays may bring your way! UnitedHealthcare is dedicated to making health care simpler. Visit UHC.com to find a plan and start the new year by saying "here's to your health!"



Visit WomansDay.com/
HeartHealthyUHC and enter for a chance to win a prize package to cook up a healthy holiday season for you and your family, including \$1,000 and a cookware set valued at \$500.

UnitedHealthcare®

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Bad news for indecisive people.

Sparkle* Paper Towels are now available in 17 fabulous new print designs. Check them out at **sparkletowels.com**.

The New Walking Taco from LUNCHABLES UPLOADED™

This portable, tasty snack is the perfect answer for all your hungry teen's afternoon snacking needs. They'll love that it's full of flavor, and you'll love that it's super easy to make. Just mix the ingredients, heat in the microwave for 15 seconds, and enjoy! Lunchables.com



Plans starting at just \$10 a month!

We offer low rates and straightforward plans with the freedom to change them at any time. Experience a 100% risk-free guarantee. Learn about our #1 rated service at ConsumerCellular.com.



Get a jump on holiday shopping with the *Toy Insider* gift guide!



The *Toy Insider* features the season's hottest toys picked by leading toy experts.

Enter for Your Chance to Win a Room Full of the Hottest Toys!

Make the holidays even more exciting by entering for your chance to win a room filled with many of the season's hottest toys as seen in The *Toy Insider!*

To enter, visit www.thetoyinsider.com

NO PURCHASE NECESSARY TO ENTER OR WIN. "Room Full of Toys" Sweepstakes. Sponsored by The Toy Insider LLC. Enter between 12:01 am (ET), October 13, 2015 and 11:59 pm (ET) December 14, 2015. Visit WomansDay.com/TheToyInsider, and complete and submit the entry form pursuant to the on-screen instructions. Odds of winning depend upon the total number of eligible entries received. Sweepstakes open to legal residents of the 50 United States and the District of Columbia, ages 18 years of age or older at the time of entry. Void in Puerto Rico and where prohibited by Jaw. For complete rules go to www.WomansDay.com/TheToyInsider.

NO PURCHASE NECESSARY TO ENTER OR WIN. Here's to Heart Healthy Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning November 11, 2015, at 12:01 AM (ET) through December 31, 2015, at 11:59 PM (ET), go to WomansDay.com/HeartHealthyUHC, and complete and submit the entry form. One (1) Winner will receive \$1,000 (ARV: \$1,000) and a cookware set of pots and pans (ARV: \$500); total ARV of prize package: \$1,500). Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at WomansDay.com/HeartHealthyUHC.



COMFORT FOOD

Cheeseburgers with sautéed mushrooms and pickle salad

ACTIVE 30 MIN + TOTAL 30 MIN + SERVES 4

- 2 Tbsp plus 1 tsp olive oil 1 medium onion, sliced
- 8 oz white or cremini mushrooms, sliced Kosher salt and pepper
- 1/4 cup fresh flat-leaf parsley, chopped (optional)
- 2 small pickles, sliced into half-moons, plus 1 Tbsp pickle juice
- 2 stalks celery, thinly sliced
- ½ seedless cucumber, thinly sliced into half-moons
- 1 Tbsp whole-grain mustard
- 11/4 lbs ground beef
- 4 oz Swiss cheese, coarsely grated
- 4 slices sourdough or rye bread, toasted
- 3 cups baby arugula

- 1 Heat 1 Tbsp oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, for 6 minutes. Increase heat to mediumhigh and add the mushrooms, 1 Tbsp oil and ¼ tsp each salt and pepper. Cook, tossing occasionally, until golden brown and tender; toss with the parsley (if using), then transfer to a bowl.
- 2 While the onions are cooking, make the salad. In a bowl, toss together the pickles and juice, celery, cucumber and mustard; set aside.
- 3 Return the skillet to medium heat and heat remaining tsp oil. Form the beef into 4 thin patties about the size of the bread slices. Season with 1/4 tsp each salt and pepper and cook

to desired doneness, 3 to 5 minutes per side for medium (depending on the size of the patties).

4 Sprinkle the cheese over the burgers and cook, covered, until the cheese melts, about 1 minute. Arrange the burgers on the bread and top with the mushrooms. Toss the arugula with the pickle mixture and serve with the burgers.

PER SERVING 633 CAL, 30.5 G FAT (12 G SAT FAT), 113 MG CHOL, 599 MG SOD, 44 G PRO, 46 G CAR, 4 G FIBER



Snap for a shopping list. Get the WD app, page 12.

SLOW COOKER

Yellow split pea, butternut squash and sweet potato stew

ACTIVE 15 MIN + TOTAL 5 HR 15 MIN OR 7 HR 15 MIN + SERVES 4

- 1 medium sweet potato (about 12 oz), peeled and cut into ½-in. pieces
- 1 onion, chopped
- 1 cup yellow split peas
- 2 large cloves garlic, finely chopped
- 1 jalapeño, seeded and thinly sliced
- 1 1½-in. piece fresh ginger, peeled and grated
- ½ medium butternut squash (about 1¼ lbs total), peeled, seeded and cut into ½-in. pieces
- 1 Tbsp curry powder
- tsp ground turmeric
 Kosher salt and pepper
- $\frac{1}{2}$ cup light coconut milk
- 1 cup fresh cilantro leaves
- 1 lemon, cut into wedges
- 1 In a 5- to 6-qt slow cooker, toss together the sweet potato, onion, split peas, garlic, jalapeño, ginger, butternut squash, curry powder, turmeric and ½ tsp each salt and pepper.
- 2 Stir in 4 cups water and cook, covered, until the peas are tender, 4 to 5 hours on high or 6 to 7 hours on low.
- 3 Twenty minutes before serving, stir in the coconut milk. Ladle the stew into bowls and top with the cilantro and lemon wedges.

PER SERVING 318 CAL, 3.5 G FAT (2 G SAT FAT), 0 MG CHOL, 272 MG SOD, 13 G PRO, 62 G CAR, 20 G FIBER





It's Yes Food. It's Oscar Mayer.

*Except those naturally occurring in celery juice.



EASY EVERYDAY Cooking

CUT THE FAT

To save up to 18 grams of fat per serving, swap the ground pork for lean ground turkey and cook in a nonstick skillet with only 1 Tbsp oil.



SPEEDY SUPPER

Quick pork ragu with ravioli

ACTIVE 15 MIN + TOTAL 15 MIN SERVES 4 ◆ COST PER SERVING \$2.78

- 1 lb cheese ravioli
- 2 Tbsp olive oil
- 1 large clove garlic, finely chopped
- 1 lb lean ground pork Kosher salt and pepper
- 1/3 cup tomato paste
- 3/4 cup dry white wine
- ½ cup fresh flat-leaf parsley, roughly chopped Grated Parmesan, for serving Green salad, for serving
- 1 Cook the ravioli according to package directions. Reserve ½ cup of the cooking liquid. Drain the ravioli and transfer to plates.
- 2 Meanwhile, heat the oil and garlic in a large skillet over medium heat. Add the pork, season with 1/4 tsp each salt and pepper and cook, breaking it up with a spoon, until beginning to brown, 5 to 6 minutes.
- 3 Add the tomato paste and cook, stirring, for 2 minutes. Add the wine and simmer for 1 minute. Fold in the parsley.
- 4 Serve the pork ragu over the ravioli, sprinkle with Parmesan and serve with a salad, if desired.

PER SERVING 590 CAL, 32 G FAT (10.5 G SAT FAT), 127 MG CHOL, 497 MG SOD, 36 G PRO, 46 G CAR, 3 G FIBER



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Life can be messy.

Finding the right health insurance doesn't have to be.

UnitedHealthcare is dedicated to making the health care experience simpler for our members. And it all starts with finding a plan. When you go to **uhc.com**, our Plan Finder is designed to help you find the right coverage in three easy steps. You can also use our tax calculator to quickly see if you qualify for additional savings. Last year, nearly 9 out of 10 applicants saved an average of \$264 a month.**

uhc.com

UnitedHealthcare Insurance Company



^{*}Product design and availability varies by state. Any reference to insurance includes both insurance and HMO products.

^{**}Projected savings are based on qualification for a federal tax credit, which is subject to verification upon the filing of an individual's federal tax return. In 2014, approximately 87% of individuals in the Federally Facilitated Marketplace selected plans with tax credits and these individuals have post-tax credit premiums that were 76% (an average of \$264) less than full premium, on average. See Premium Affordability, Competition and Choice in the Health Insurance Marketplace, 2014, June 18, 2014, Department of Health and Human Services. Actual savings may vary.

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Beer-battered fish tacos, December 29

December

Make a delicious, nutritious meal every night of the week.



Hungarian beef

stew

NEW YEAR'S EVE

wrapped pork &

thyme-roasted apples

Prosciutto-

page 12.

Roasted tomato

& garlic tart

rich juice.

UnitedHealthcare

Beer-battered

fish tacos

p. 90



MONDAY

JanuaryStart 2016 with a lighter menu you'll feel great about eating.



GET TWO MONTHS OF MEALS!

TUESDAY

For December and January recipes, go to womansday.com/menus



FRIDAY

Hoppin' John p. 144



SATURDAY

curry with tomatoes & peas



SUNDAY

Freezer vegetable lasagna



Cumin-spiced

lamb with carrot & radish salad



WEDNESDAY

Indian spiced rice with shrimp and peas



THURSDAY

Bangers & mash



Lemony roast chicken with potatoes & olives, p. 94



Beef, mushroom & green bean stir-fry



Pesto-salmon burgers with asparagus salad



Orange stewed pork with okra



Roasted sweet potato salad with barley



Kale & romaine chicken Caesar salad



Baked steak



Tilapia with oranges. tomatoes & toasted garlic



Cuban Reuben



Fusilli with broccoli pesto



Lemon chili chicken



∬ UnitedHealthcar

Crunchy fish

sticks & veggies with dipping sauce



Spinach, bacon & pine nut salad



Classic minestrone



Quick turkey chili



Steak with orange-roasted cauliflower & scallions



Ginger salmon over bok choy



Pork, carrot & chickpea stew



Yellow split pea, butternut squash & sweet potato stew



Chicken & soba noodle salad p. 88



stroganoff



A recipe for thriving,

not just surviving, the holiday season.

Don't let your to-do list turn Ho-Ho into ho-hum.

Here are a few doable things to help you reduce stress, lessen anxiety and increase peace of mind.

Eat.

Almost everyone overindulges this time of year. It's the season of gathering with friends and family, and that usually involves eating treats. Balancing parties with day-to-day healthy eating can help reduce stress, increase energy and improve your mood.

Move.

Studies show that simply walking 20 minutes a day can help you control stress, lower blood pressure and reduce depression and anxiety. Did you walk your kids to the bus? Park at the far end of the parking lot? Walk the mall for hours looking for the perfect gift? Start noticing how you're already working movement into your daily routine, and take small steps to increase it.

Sleep.

If you've been burning the holiday candle at both ends, it's time to extinguish it and give yourself the rest you need. Not want, but need. Most adults need between seven and eight hours a night. Getting too little sleep doesn't just hurt your disposition. It's bad for your health, with links to heart disease and depression.

Goals for managing stress during the holidays

What you eat affects how you feel, both physically and emotionally.	
Nutrition goals for 2016:	
선생님은 아이들은 환경 마다 나는 나는 그들은 나는 것이 되었다.	
Physical activity can help reduce depression and anxiety.	
Activity goals for 2016:	
	News 1888
Getting the right amount of sleep has a positive impact on mood.	
Sleeping goals for 2016:	
Sieeping goals for 2010.	YEST ET
	THE WEEK TRACE

My Wish List

There may be many physical, emotional and mental benefits to the age-old art of doodling. This holiday season, take some time to put to paper what's on your mind and write, draw or doodle your way to a happy place.

UnitedHealthcare invites you to attend one of our free informational webinars.

12:30 PM -1:30 PM EST

Strategies to Reduce Worrying & Anxiety

On December 8, 2015, Arleen Fitzgerald, L.I.C.S.W., behavioral health consultant, invites us to stop worrying by training our brains to think in different ways when anxieties and worries arise.



12:30 PM -1:30 PM EST

50 Ways to Lose Your Love Handles

Nutrition experts agree the healthiest way to win the battle of the bulge is by making small changes you can sustain for a lifetime. We'll share 50 simple tips and tricks for cutting or burning an extra 100 calories a day to help you trim 10 pounds in a year.

Register today at uhc.com/webinars





The holidays are full of surprises.

Health insurance costs shouldn't be one of them.

With kids, you never know what's going to land you in the doctor's office. When you have easy-to-understand health insurance with predictable costs, there are fewer surprises. With many plan choices, there's one that may meet your needs and your budget. Most plans include access to virtual visits and a 24/7 NurseLine. All plans offer coverage of preventive care and predictable costs on procedures. Discover plans and prices in three easy steps at **uhc.com.**

UnitedHealthcare Insurance Company



 $^* Product design and availability varies by state. Any reference to insurance includes both insurance and HMO products. \\$

Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Nurse Line in informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may be discontinued at any time.

Healthy You



FEEL GOOD EVERY DAY

Solutions for pain relief



WHAT IS CHRONIC PAIN?

Chronic pain is long-standing pain that persists beyond the usual recovery period, affecting your physical and emotional well-being. Common types of chronic pain include joint pain, back pain, and migraines, lasting for weeks, months, and even years.

headaches and migraines

Headaches are unpleasant pains in your head that can cause pressure and aching. Migraines are painful, disabling headaches that often have accompanying symptoms like nausea, vomiting, or sensitivity to light and sound.

TREATMENT Over-the-counter pain relievers like aspirin, acetaminophen (Excedrin®), and ibuprofen can help relieve migraine pain. Lifestyle changes can also make an impact–improving sleep habits, avoiding certain foods, and cutting down on alcohol and caffeine. If you frequently experience severe migraines, consult your healthcare professional about prescription medications.





arthritis and joint pain

Arthritis is inflammation of one or more joints where two bones meet. Osteoarthritis is the most common form.

TREATMENT The American College of Rheumatology recommends trying acetaminophen (Tylenol®) first. If pain continues, talk to your healthcare professional about prescription non-steroidal anti-inflammatory drugs (NSAIDs) or over-the-counter NSAIDs, like ibuprofen (Motrin®, Advil®) or naproxen (Aleve®). You can also apply external creams over the affected joints to help relieve pain.



general body aches and pains

No matter your age, constant body aches can be a harrowing experience. A person with generalized aches and pains has discomfort in multiple areas of the body. Symptoms may include muscle aches, muscle tenderness, muscle cramps, joint pains, joint stiffness, neck pain, and back pain. Common causes of chronic pain include arthritis, spine issues, trauma, surgery, nerve damage, and whiplash, in addition to unknown causes.

TREATMENT Acetaminophen (Tylenol®), non-steroidal anti-inflammatory medications (NSAIDs), warm baths, massages, and stretching can be used for treatment for aches and pains. To ease back pain, you can also try using topical warming creams, heating pads, and other external treatments to help reduce your discomfort.





Stop by your local Walgreens to speak to our expert pharmacists or use our live online Pharmacy Chat available 24/7 to find solutions for your pain. For more solutions, visit Walgreens.com/PainSolutions.



pain free from head to toe.

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So you can feel good every day.

For solutions, visit Walgreens.com/PainSolutions







I've heard there's a "female Viagra." Should I consider it?

Here's what you should know first: Flibanserin-marketed as Addyi -is believed to work by restoring balance in the brain's neurotransmitters that may be linked to desire. But according to the FDA, the drug comes with a risk of side effects such as dizziness, fatigue and nausea. And if you've already hit menopause or drink alcohol regularly, it's not for you. Also, an MIA libido is often due to something else—say, painful sex or exhaustion from a hectic schedule. Speak to your doctor about other options for intimacy issues, such as using estrogen cream (for vaginal dryness) or talking openly with your partner.

> SOURCE: Maureen Whelihan, MD. fellow, American Congress of Obstetricians and Gynecologists

calorie mix-ins will be distributed more evenly, so you can cut back on how much is called for.

in homemade lasagna with mushrooms or use spiralized zucchini instead of spaghetti.



scatter on top, then bake.

The concentrated flavor

means you can use less.

comfortable. Return to start.



A recently launched website called opternative.com offers an at-home eye exam for \$40 that uses just your computer and smartphone to figure out your prescription. While it may be convenient if you need new lenses or contacts between appointments, the service shouldn't replace regular check-ins with your eye doctor. Some sight problems, like blurred vision, may be due to issues such as cataracts, glaucoma or diabetes.



VICKS

Use as directed. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2015



THE THE

NON-DROWSY, NIGHTTIME,

COUGHING, SNIFFLING,

ACHING, SNEEZING,

FEVER, COUGHING, SORE THROAT, ACHING,

STUFFY HEAD, FEVER,

CHEST CONGESTION, STUFFY HEAD, NO SICK DAYS, BEST SLEEP WITH A COLD,

MEDICINE. MEDICINE.

Your Healthiest Year Yet

Resolving to be the best you doesn't have to involve a complete overhaul of life as you know it. Making just a few little changes, or adjusting some habits, can have a big impact on how you look and feel. Here, eight simple improvements you can try, starting today.

BY TERESA DUMAIN

Update your playlist to

increase productivity

Music can help you concentrate, and it doesn't matter what genre you prefer—rock or country can be just as effective as classical. One study, published in the journal *Psychology of Music*, found that workers who listened to the music of their choosing completed tasks more quickly and came up with better ideas than when they didn't turn on the tunes.

PLEASE TURN TO PAGE 116 —



Absorbs faster than Depend* to help you feel comfortably dry.

Get laugh-all-you-want protection, with Always Discreet for sensitive bladders. Because hey, pee happens. For coupons and your free sample,† go to alwaysdiscreet.com.



So bladder leaks can feel like no big deal. *audits*





Stand like a superhero to boost confidence

Go ahead and try it before a nerve-racking situation: Stand with your hands firmly on your hips, chest pushed out and head held high. Harvard researchers found that people who held a "high-power pose"

for as little as 2 minutes felt more selfassured and in control compared with people who folded their arms or slumped over.



Try the fitness method to strengthen your heart

This new, doable version of interval training is great for beginner exercisers and preliminary Danish research suggests it may be just as good for your heart as vigorous activity. Follow this simple pattern on your next walk: Do 30 seconds of easy walking, then 20 seconds at a moderate intensity (brisk pace) and end with 10 seconds at a high intensity (talking should be very difficult). Experts found that people who did this for 3-, 4- or 5-minute blocks (with a 2-minute rest in between) lowered their blood pressure and cholesterol levels





Chat with a stranger to feel happier

It may sound like the last thing you want to do when you're in a rush, but spending an extra minute talking to the grocery clerk is worth it. Scientists have shown that these little exchanges—no matter how brief—can result in a positive experience and leave you with a lifted mood.

Change your phone position to ease pain

Sixty pounds is roughly the weight of 15 textbooks—or an 8-year-old. It's also the same amount of weight exerted on your neck when you look down at your smartphone, according to research in the journal Surgical Technology International. Your head weighs between 10 and 12 pounds when it's in neutral position with ears over your shoulders. As you tilt it forward to text or email, the force on your spine increases. Over time, this posture can lead to wear and tear and pain. Instead, lift the phone up to your sight line when you use it.

Eat nuts and berries to

The healthy bacteria that already live in your digestive system benefit from the type of soluble fiber found in foods like nuts and berries. In fact, that fiber may help the good microbes survive. Boosting the friendly bacteria can help keep your brain and heart healthy while also controlling your weight, so make a handful of nuts or fresh berries your go-to afternoon treat.

tame your tummy

HOW TO Calm Your

One of the fastest ways to cool down, reduce stress and help yourself fall asleep is meditation. Try this quickie plan that's perfect for newbies.

- Sit in a quiet, comfortable place on a chair or floor cushion. (Don't lie down.)
- Select a syllable, phrase or word, such as love or peace, to focus on.
- Close your eyes and repeat your word, either silently or aloud, as you slowly breathe in and out.
- If you notice your thoughts wandering, repeat your word to refocus.
- Continue for a few minutes, then open your eyes.

Once you're done, notice how you feel. Better? Less anxious? More clearheaded? Remember that sensation, and use this strategy whenever you need to reset.

SOURCE: Joseph A. Annibali, MD, author, Reclaim Your Brain





---> Don't miss these great features! Get 71% off the newsstand price at WOMANSDAY.COM/SUBSCRIBE

Hit Your Weight-Loss Goals

Expert tips to help you make your resolutions a reality.

BY CELIA SHATZMAN

THE RESEARCHER SAYS:

Be honest with yourself

Your brain tends to remember good behaviors while blocking out the less virtuous ones. Researchers believe this is because we are apt to see our actions in an optimistic light, which can give you a skewed view of your progress when you're trying to slim down. To take a realistic look at your habits, track diet and exercise in a journal, highlighting the positives ("Ordered fish instead of a hamburger") as well as the negatives ("Skipped my walk today").

MARGARET C. CAMPBELL, PhD, professor of marketing, University of Colorado Boulder

THE DIETITIAN SAYS: ID fake hunger

The next time you reach for the chips, ask yourself: Would I dig into a bag of baby carrots right now? If the answer is no, chances are you're eating out of habit rather than need. Instead of munching, have some water or herbal tea (thirst often disguises itself as hunger). But if the vegetables do sound appealing, it's time to refuel. Choose a snack that combines protein and fiber, such as pairing the carrots with hummus.

MICHELLE DUDASH, RDN, author, Clean Eating for Busy Families

THE EXERCISE PRO SAYS:

Start slowly to stay committed

Taking on too much too soon will leave you burnt out and ready to throw in the towel. Instead, add more functional movement throughout the day (shoveling the walkway or walking up an escalator). Then set a goal, like finishing a 5K. Pick a comfortable distance and pace at first and use this simple rule: Once the activity no longer feels challenging, gradually push yourself to kick it up a notch, strolling farther and faster.

COLLEEN CONLON, group fitness instructor, Equinox



1ARTINA SANDKUEHLER/JUMP FOTOAGENTUR



Eligible for Medicare?

Consider Medicare supplement insurance.

If you're eligible for Medicare, you may know it only covers about 80% of Part B medical costs. That means the rest is up to you. But a standardized Medicare supplement insurance plan could help you save in out-of-pocket medical costs.

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- No network restrictions

GO LONG®



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AARPMedicareSupplement.com

AS2950ST WD

A Heart-**Smart** Holiday

Heart attacks and strokes spike this time of year. Here's how to stay healthy. BY GINA ROBERTS-GREY

ou likely know these three rules already, but they're especially important to follow this season for the sake of your ticker. Find out why:

YOU'VE HEARD...

Watch the salty meals

HEART CHECK: Just one heavy, high-sodium meal can elevate blood pressure. To enjoy the spread without hurting your heart, pile your plate with salad and vegetables first, and stick to two bite-size spoonfuls of stuffing and other less virtuous dishes.

YOU'VE HEARD...

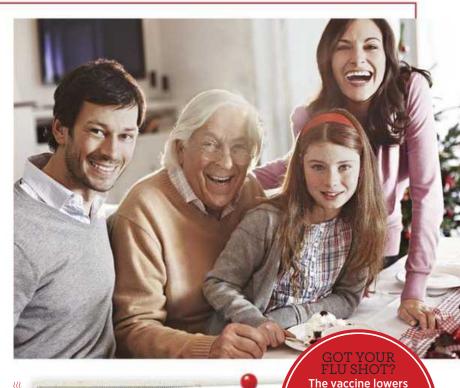
Take some "me" time

HEART CHECK: Even a little extra anxiety (hello, mall traffic!) can harm your health, as those who feel stressed have a 27% increased risk of heart disease, according to research from Columbia University. Set aside 15 minutes each day to do something relaxing, such as easy stretches.

YOU'VE HEARD...

Bundle up

HEART CHECK: When skin is exposed to the cold, your blood vessels constrict to keep you warm. This can cause blood pressure to spike, potentially leading to a stroke. Dress for the weather and avoid excess time outdoors if you already have high blood pressure and the mercury dips below zero.



IN CASE OF EMERGENCY

Follow these steps if you or a loved one has a heart scare.

IF YOU THINK IT'S A STROKE...

KNOW THE SIGNS

Numbness or weakness in the face, arm or leg, staggering, difficulty seeing or speaking or an uneven smile may point to a stroke.

CALL 911 IMMEDIATELY

The faster help arrives, the better the chances of recovery. Some ambulances are even equipped to start stroke treatment curbside.

JOT DOWN THE TIME

your chance of heart

attack and stroke (when you're sick, your

blood becomes

thicker and is more

likely to clot).

You have 4½ hours for the clot-busting drug tPA to work. Let medics know when symptoms first appeared so they can best administer care.

IF YOU THINK IT'S A HEART ATTACK...

DON'T IGNORE SYMPTOMS

It's easy to blame nausea on overeating, but along with shortness of breath, dizziness and jaw or chest pain, it could indicate heart trouble.

O DIAL FOR QUICK AID

Don't drive yourself to the hospital. It delays how long it takes to get treatment, which could maximize any damage that's been done to the heart.

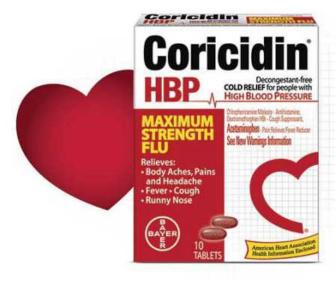
ASK ABOUT ASPIRIN

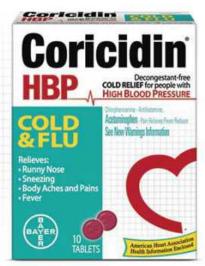
Chewing an adult aspirin, or four baby ones, helps thin the blood to keep it flowing. (Avoid if you're allergic or can't take for any reason.)

Want **Powerful** Cold and Flu Symptom Relief?

Get Coricidin RAYER HBP







Coricidin® HBP, from the heart health experts at BAYER, is the only cold brand specially formulated for High Blood Pressure sufferers to relieve tough cold symptoms without raising your blood pressure.

Coricidin® HBP. POWERFUL COLD MEDICINE WITH A HEART.

> S. Epatha Merkerson Actor and Coricidin® HBP User



Coricidin® HBP, product of Bayer HealthCare, is a proud sponsor of the American Heart Association High Blood Pressure Web content area



One-Day Slimdown

Feeling bloated after too much seasonal celebrating? Joy Bauer, RDN, shares her 24-hour plan for a lighter, healthier you.

So it's the morning after a big bash, and let's just say you had a little too much of everything. Don't stress. Instead, take action and instantly undo the damage with this 24-hour detox plan. The good news: Food is included—and encouraged!



Make this your go-to combination for a bloated belly.

EGG WHITES

Protein helps fill you up and rev your metabolism, and each egg white has just 17 calories and 4 grams of protein. Eat 4 or 5 hard-boiled (remove the yolk), scrambled or in an omelet.

BLACK COFFEE

The water in java helps get rid of extra sodium and, combined with the diuretic effect of the protein in the egg whites, flushes excess fluid out of your system—fast.

Skinny snack JICAMA A crisp root vegetable with a slightly sweet and nutty flavor, jicama is packed with potassium and full of fiber and water. Slice it into strips and drizzle with fresh lime juice.

Lightened-up lunch

Put together a salad with puff-reducing picks.



of spinach, which is rich in potassium, a nutrient that counters the inflated feeling caused by sodium.



Add slices of cucumber (low in calories, high in water) and grapefruit (reduces bloat).



Top with one of these vegetarian proteins: ½ to 1 cup cooked beans, chickpeas, shelled edamame or lentils.



1 tsp olive oil and 2 Tbsp vinegar (any flavor).

After-dinner treat Enjoy low-calorie munchies

Completely avoiding certain foods can backfire, so enjoy an evening snack for 150 calories or less. Try 1 oz dark chocolate or 4 cups light popcorn.

WHY WATER
WORKS

H₂O helps fiber work its magic to keep your digestive system regular and takes the edge off hunger.
Sip it all day.

≪ Damage-control dinner

Stick with a simple starch-free supper.

Front-load with 1 cup crunchy vegetables (carrots, cucumbers, celery sticks or bell pepper strips), then eat 5 oz lean protein (chicken, fish, pork tenderloin or tofu) + 2 cups steamed veggies (broccoli, cauliflower, asparagus, Brussels sprouts, kale or zucchini).

JOY BAUER, MS, RDN, is the founder of Nourish Snacks (*nourishsnacks.com*) and the health/nutrition expert for NBC's *TODAY* show.

OOD, CLOCKWISE FROM TOP LEFT: JOY SKIPPER/GETTY IMAGES; BON APPETIT/ALAMY; GETTY IMAGES; STEVE GIRAL ETTY IMAGES; LORENZO VECCHIA/GETTY IMAGES; GETTY IMAGES (2). BAUER: COURTESY OF JOY BAUER.

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Hoping can't keep your kids from using drugs. But you can. And we can help.

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We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem.

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- Use snow that's slightly damp.

 If it's too powdery, add water until it reaches the right consistency.
- Build your snowman in the shade and point the face away from the sun to slow melting.
- ☑ Once you form the bottom and middle snowballs, drive a stick through the center for extra stability.
- ☑ Press in peppermints as the cheeks. The candy's red food coloring will bleed
- into the snow to create a rosy complexion.

 Add some accessories to the body
 by filling a spray bottle with water and
- food coloring and painting on a shirt.

 When you're done, spray your creation with water. It will freeze over the snow and hold everything in place longer.

Win a vacation! Trailhead Lodge, Steamboat Springs, CO

1 winner will receive a 5-day, 4-night stay for four at Trailhead Lodge, a property managed by Wyndham Vacation Rentals in Steamboat Springs, CO. Package includes complimentary grocery delivery service up to \$250 and a dinner sleigh ride for four. Value, \$3,265. See page 143 for details and go online for official rules.



66 Too cute for the naughty list. 99
JILL DUZAN, Bloomington, IL

>> Have a photo that makes you smile? Upload it to Instagram with the hashtag #WDSnapshotContest and tag @womansdaymag, or email it to snapshot@womansday.com. If your photo is selected for a future issue, you'll receive a \$50 credit on Shutterfly.com. See page 143 for more details.

AMSUNG

PROBLEM-PROOF Your Year

Set yourself up for a smooth start to 2016 with this easy to-do list.

BY KATHLEEN M. HEINS



Use empty shelves or cubbies in a bookcase to sort your incoming papers, pros suggest. Have one for "Bills to Pay," one labeled "Tax Forms," one "To Read," and so on. The system is easy to maintain, plus you'll get a jump on tax time by dropping bank statements or W-2s in their designated spot as they arrive.



SAVE ON

Change out dirty air filters for clean ones at the start of winter. A buildup of dust can clog your furnace or central air system, making it harder (and pricier) to heat your home. Placing door and window draft blockers wherever vou feel a chill will also help keep heating costs down.



Restock your kitchen

If nutritious foods are in highly visible places, hungry grazers will grab them. Move soda, chips, snack cakes and cookies to the upper pantry shelves, then put portioncontrolled snacks, such as nuts and granola bars, at eye level. Also put precut fruits and veggies right up front in the fridge.



Now is the time to make sure your cellular deal is the best it can be. But before you call your provider or walk into a store, know what competing brands are offering. You're more likely to be successful when you can say, "I noticed that Sprint is offering a lower rate right now, but I want to stay with AT&T. Is there anything you can do?"



CREATE FAMILY

Who left their towel on the floor? Whose phone is that? Who didn't grab their water bottle? Assign a favorite color to each family member, then put washi tape or stickers on personal items like phone cases, notebooks and laptop chargers in those colors. For items such as towels, sew or iron on colored clothing labels. Life just got less complicated!



GIVE YOUR CAR SOME TLC

Dropping temperatures can cause your tires to lose pressure (a pound per square inch for every 10 degrees the thermometer falls), plus ice and snow can cause older windshield wipers to break. To prevent problems later on, take time now to fill tires and replace wipers if they have big nicks or loose rubber.

> Do a safety checkup



Make certain you have working fire alarms and carbon monoxide SOURCES: Dorothy Breininger, expert organizer, Lifetime's Hoarders Family Secrets. Energystar. detectors on every level territory manager, AAA. Kristen Gradney, RDN, of your house, especially spokesperson, Academy of Nutrition and near sleeping areas. Dietetics. Pepboys.com. Safekids.org.



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Little Gifts That a Lot

Seemingly small donations to the right charities can make a big difference in the lives of people going through hard times. Below, ways to make your money go far.

BY KATE ROCKWOOD

Do Good for \$20 or Less



to One Warm Coat allows the nonprofit—through its coat drives-to provide two gently used coats to someone who cannot afford one (onewarmcoat.org).

pays for 11 meals through Feeding America, a network of food banks that serves the 1 in 7 people in the U.S. who face hunger (feedingamerica.org). Learn more about WD's partnership with Feeding America and donate at feedingamerica.org/womansday.

buys 60 minutes of talk time for active military members overseas to connect with their loved ones (Cell Phones for Soldiers: cellphonesforsoldiers.com).

pays for two bottle nipples adapted for orphans in China born with a cleft palate (Half the Sky; halfthesky.org).

buys a paintbrush for Habitat for Humanity volunteers building homes for families lacking shelter (habitat.org).

will enable the planting of five trees in Brazil. where the deforestation of the Amazon Rainforest is driving climate change (Nature Conservancy; nature.org).

makes sure a family receives two kids' books-literacy is one of the best predictors of a child's future success (First Book; firstbook.org).

to St. Jude Children's **Research Hospital** provides a medical teaching doll to a child with a life-threatening disease to help her understand her treatments (stjude.org).

helps Meals on Wheels America deliver one meal to a senior in need (mealsonwheelsamerica.org).

to Doctors Without **Borders** covers 54 emergency food rations for survivors of crises or natural disasters, such as the earthquakes in Nepal (doctorswithoutborders.org).

buys a week's worth of dog food at 4 Paws for Ability, which trains service dogs for disabled children and veterans (4pawsforability.org).

purchases a bed net for a family in sub-Saharan Africa to help prevent malaria (Nothing but Nets; nothingbutnets.com).

helps Children's HeartLink pay for a stethoscope for medical professionals treating kids in developing countries (childrensheartlink.org).

pays for a breast cancer survivor's fishing equipment at Casting for Recovery, which offers therapeutic fly-fishing retreats (castingforrecovery.org).

gives seeds to a family in a developing country to plant vegetable crops (World Vision; worldvision.org).



buys a flock of chickens, ducks or geese for a rural family in a poor country through Heifer International (heifer.org).

Join the 63 million Americans who volunteer each year. Visit volunteermatch.org to find one-time or long-term opportunities near you.

EXT A TEN-SI

Mobile giving campaigns, or sending donations via text message, is an easy way to help. Here's how you can text your pledge (messaging and data rates may apply).

THE CHARITY	WHAT TO TEXT WHERE	WHAT YOU'RE PLEDGING
American Cancer Society	PINK to 41518	\$10
American Red Cross	REDCROSS to 90999	\$10
Jane Goodall Institute	CHIMP15 to 20222	\$10
March of Dimes	BABIES to 20222	\$10
UNICEF	NEPAL to 864233	\$10
Autism Speaks	AUTISM to 25383	\$10

Is your money being well spent?

Charities don't give all their money directly to the people they serve, because they also have to cover costs like staff salaries. So it's a good idea to find out if you agree with the way the donated funds are distributed, advises Peter Singer, author of The Most Good You Can Do. It takes only a few minutes to do a little homework.

Scrutinize the

Two cancer nonprofits might have similar names, but one is focused on cutting-edge research and the other on helping survivors. Visit the charity's website to read up on its goals and its strategies for achieving them. You'll also want to look at what they've already accomplished.

Check their costs

Head to charitynavigator.org, give.org and givewell.org, websites that report how much is spent on overhead and fundraising. "A good rule of thumb: Most large, established charities spend no more than 25% on administrative costs," says Sandra Miniutti, chief operating officer of Charity Navigator. Anything higher than 35% might mean the group isn't efficient with its funds.

Ask auestions

Don't hold back! A not-for-profit-large, national organizations and smaller, local onesshould be forthcoming and responsive if it wants to earn your donation. And if you decide to direct your money to a specific program or purpose, most charities should accommodate your request.



Melt Your Belly Fat

With Germany's Most Popular Weight Loss Plan

at deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. The special fermentation used for making Almased releases bioactive peptides from its three main ingredients, soy, yogurt and honey. These peptides are unique to Almased and have been

shown to inhibit the storage of fat in the body and support the breakdown of existing fat. Combine that with providing a natural boost of energy and maintaining healthy blood sugar and thyroid function and you have the ideal weight loss multi-tasker.

The unique and all-natural formula Almased is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It has been clinically confirmed to support weight loss and overall well-being.

Spicy Chocolate

- 8 Tbsp Almased
- 12 oz almond milk
- Tbsp cocoa powder, unsweetened
- ½ tsp cinnamon
- ½ tsp cayenne pepper



Carrot Cake

- 8 Tbsp Almased
- 12 oz vanilla almond milk, unsweetened
- 4 cup carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts

A pinch of cinnamon A pinch of nutmeg



Caramel Apple

- 3 Tbsp Almased
- I cup almond milk, unsweetened
- cup apple sauce, unsweetened
- Tbsp almond butter
- 4 tsp caramel extract



You can replace one or two meals a day with an Almased smoothie for weight loss, or add it to your regular diet routine for weight maintenance and wellness.





Find more delicious smoothie recipes, get information on Almased and **download a free**, easy-to-follow diet plan at **figureplan.com** (enter source code **WDM**) or give us a call at **1-877-256-2733** (toll-free). You can find Almased in **Walgreens, GNC**, **the Vitamin Shoppe**, **Vitamin World** and **health food stores** or visit **www.almased.com**.



DAVE and RACHEL Answer Your Money Questions



A LASTING GIFT

66 For the holidays, our parents spend a lot on presents for our 4-year-old daughter. We wish that they'd give her fewer material gifts and put the money into a college account instead. How do we have that conversation without sounding like we're

JAMIE MOWREY. Montoursville. PA

DAVE Jamie, it seems like you guys are blessed with parents who love your child like crazy, but sometimes doting grandparents can go a



little overboard at Christmas. Hey, I'm a grandparent myself, and even I have to show some restraint with my grandkids! The best place to start that conversation is with gratitude. Thank them for all they do for her and for trying to make the holidays special.

RACHEL I agree—thank them first, but then go ahead and let your parents know that you feel like they're giving your daughter too much in terms of things. Ask themgently, in a way they know they're appreciated—if they'd consider giving her one or two meaningful gifts and putting the rest of the money they'd spend on toys and such into her college savings account. Perhaps something like, "You've been incredibly generous to her, and it would be so wonderful if that generosity could help with her education."

After that, I'd see where the conversation takes you. They may or may not take you up on your suggestion, but you will have let them know how you feel, and it opens the door to talking about it again in the future.

SAVING SMART

66 I am a stay-at-home mom, and we have more than six months of expenses saved for emergencies. But because we have

just one income, is it better to save more for a rainy day or to put money into retirement?

SARA JOHNSON, Oceanside, CA

DAVE Six months of expenses is the most I recommend for an emergency fund, unless there are other factors, such as an ongoing, expensive health situation. Setting that limit frees up your income so you can start investing 15% into retirement and contributing to the kids' college funds. After all, the emergency fund is critical, but it's not your only financial goal. You want to protect yourself today while still planning for the future.

When you're at home with the kids and living on one income, you have to really dig into your



budget and make lifestyle decisions based on your priorities. But since the emergency fund should be based on your household expenses (not how much you earn), whether you're living on one or two incomes doesn't matter. Just be sure the fund truly covers what it takes to run your household for three to six months. If you have that much in a dedicated accountand you have no debt-you're doing great.

DAVE RAMSEY and his daughter RACHEL CRUZE are coauthors of the bestselling book Smart Money Smart Kids. They recently launched EveryDollar.com, an online tool and companion app that makes budgeting easy and fun.



CYBER HYPE

66 Is it still smart to do most of your online holiday shopping on Cyber Monday, or has it lost its value now that it's such a big deal?

NADA KUCHINIC, Louisville, TN



RACHEL I wouldn't say Cyber Monday has lost its value—you can still find deals—but it's true that

the hype surrounding that day means there's more stuff available and it might cause people to overspend and buy things they don't need. Don't get sucked in!

The bottom line: A good deal is a good deal, online or in the mall, whenever you find it. So be a smart shopper by taking the time to set your priorities before you buy, and don't choose the \$75 tie when the \$20 tie looks just as nice. Compare prices, and take advantage of the best bargains, but only for things you need. If you do shop in the stores, use cash or a debit card and stay away from piling up debt on credit. Once January rolls around, you want to be filled with happy memories, not regret.

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CAN A BAG FULFILL A DREAM? MINE CAN.



Ariane Goldman Founder and CEO, HATCH, and her daughter Georgie





Give the gift of a superior clean. Check out the full line of affordable ARM & HAMMER™ battery-powered toothbrushes, from adult brushes that provide a more effective clean*, to kids brushes that make brushing fun! Visit ArmAndHammer.com for great savings.



Toy Insider Mom Laurie Schacht picked the best toys for the little ones in your life. Plus, books they'll want to read over and over.



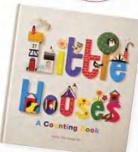
« TOT CHEF

"You can feel good about giving a toy that teaches," says Laurie. This one sings about sharing, simple math and proper hygiene. Number Lovin' Oven (age 2+, \$24.99; *leapfrog.com*)



>> EASY AS 1, 2, 3

Each house in this colorful picture book is a small work of art, handcrafted from paper, then photographed by the artist. Readers will not only learn their numbers, but also about how people live in other cultures. Little Houses: A Counting Book BY HELEN MUSSELWHITE (ages 2 to 5, \$15.95)



« BEDTIME BOOK

In this comforting story, a little bear searches high and low for a warm place to snuggle on a cold wintry night. This read is perfect for any child who sleeps with a beloved teddy. Snowy Bear BY TONY MITTON, ILLUSTRATED BY ALISON **BROWN** (ages 0 to 5, \$16.99)

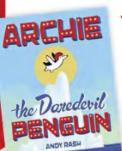
↑ MOODY MONSTERS

Each of these tiny collectible figures represents a different feeling. Tickle their hair to hear them chat and interact with one another. Moji Mi (age 6+, \$6.99 each; moji-mi .com)



Preschooler

This 13" action figure is programmed with three cool combat routines and signature phrases like "It's turtle time!" Ninja Control Leonardo (age 4+, \$59.99; playmates toys.com)



« A PLUCKY TALE

Not wanting to admit that he's afraid of the ocean, a penguin thinks up funny ways to move between icebergs without swimming. Archie the Daredevil Penguin BY ANDY RASH (ages 4 to 8, \$16.99)



(age 8+, \$49.99; toystate.com)

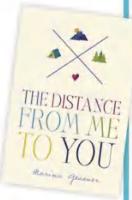
« DIY ACCESSORIES Turn these bright stretchy bands into jewelry or use them to decorate notebooks, pens and more. "With this kit kids can show off their personal style," says Laurie. **Strand Bands Designer** Set (age 8+, \$19.99; strandbands.com)



Players roll the dice to see if they need to answer a trivia question with the right or wrong answer. "It's not as easy as it sounds, but it's fun!" says Laurie. Spit It Out! (age 10+, \$19.95; rnrgames.com)

>> OUTDOOR **ADVENTURE**

When her best friend backs out of their plan to hike the Appalachian Trail, 18-year-old McKenna decides to go it alone. Leaving her loved ones behind, she faces natural dangers, physical challenges and her feelings for a hiker on the trail. The Distance from Me to You BY MARINA GESSNER (age 12+, \$16.99)



Teen

The durable robot captures video and photos from a bird'seye view. Sky Viper **HD Video Drone** (age 12+, \$89.99; skyrockettoys.com)



a memory from their childhood, then share the fictional work that was inspired by those true (and often hilarious) events. Been There, Done That: Writing Stories from Real Life EDITED BY MIKE WINCHELL (age 11+, \$17.99)



Snap to watch a video of these toys in action. Get the WD app, page 12.

Your teen would like to have a

as much as you would like to play their

video game





You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded. An afternoon snack you Mix, Heat and Eat.









Racing to the RESCUE

A Milwaukee couple fell in love with the sport of sledding—and helped dozens of shelter dogs in the process.

BY BARRY YEOMAN

n 2002, a friend invited Bonnie Ulrich, 60, and her husband, Rick Desotelle, 61, to a farm for what they thought would be a fun afternoon giving their three Siberian huskies a try at pulling a dogsled. The dogs were indoor pets who had never worked together as a team. At the farm, an experienced sled driver (also called a musher) hitched their dogs, along with the musher's own lead dog, to the sled. Then Bonnie climbed on board and braced for her first-ever ride.

Surprisingly, the dogs adapted to running as a unit with ease—it was Bonnie who had a tough time. "The rule in mushing is: Never let go," Bonnie says. "I got on, went 20 feet, fell down, and let go of the sled. The team of dogs kept going without me!" Tears in her eyes from the shock of the fall, she asked to try again-and again. The fifth time, she held on for the entire circuit.

It was a revelation. "I couldn't believe what a joy it was to discover something that my dogs did innately and loved so much," she recalls. "Plus, I've never been athletic, but this sport just felt right." Bonnie was also ready for a life change: An art teacher, she was frustrated by a system that made it hard to work one-on-one with the kids she loved.

When Bonnie dismounted that day, she walked up to her husband and said, "I'm going to do this." Right then, she formed her plan to retire and follow her new calling.



66 We are blessed to have these animals in our lives.

Pulling together

Rick, an assistant principal, was also intrigued. "At first, I was a bit skeptical of Bonnie's idea," he says. "She'd never liked winter sports, so I wasn't sure she'd follow through." But she was determined. "We do things together; we always have," Rick says. So the couple set off to buy a used sled for practicing, and found a longtime musher who agreed to be their mentor. They also adopted a semiretired lead husky named Beautiful (above, front left). "Beautiful taught our dogs to be good sled dogs," Bonnie says. "And she taught us to be good mushers."

What the couple didn't expect to be taught, though, was how to be better communicators. It was

at a boot camp in the Minnesota backcountry where they discovered the lessons of mushing also applied to marriage. For one, mushing taught them how to manage conflict. "If we didn't resolve our arguments, we could not get the team to move forward," Rick says. They also learned how to share leadership in harmony: Though they exchange roles, whoever is driving also verbally commands the dogs. If they talked over each other, the team would get confused.

Leading the pack

As mushing became a serious passion, the couple adopted rescue dogs (many with a mix of husky in them) until they had amassed a full team-14 in all. (One husky, named Happy, has deformed kneecaps and cannot pull. Instead he rides on the sled.) They trained with wheeled carts on Milwaukee bike paths, and spectators would stop to take photos and ask questions. "People were fascinated," Bonnie says.

Bonnie and Rick (who retired a year after his wife) realized the dogs could allow them to work with kids again. The Milwaukee County's park system authorized the couple to offer sled rides in the downtown lakefront area. Their business, The Door County Sled Dogs (named for the county where they found their first huskies) was converted in 2010 to a nonprofit that promotes pet rescue and responsible ownership. The group holds educational presentations and meet and greets, and entertains the sell-out crowds that come for \$15 sled rides on snowy weekends. (The money pays for the dogs' care.)

Teaching teamwork

The rides are more than fun. "We have 1,000 children and adults show up for a 2-hour session to

spectate or ride," Bonnie says.
"That's 1,000 people learning about rescue dogs, teamwork, leadership, and also that what you put into your dogs, you'll get back tenfold. It's incredible to see that impact."

During the week, the couple attend events such as Girl Scouts meetings to teach the qualities of successful mushers, which include trustworthiness and respect.

They've also rescued about 90 dogs of all types and helped to place them in homes.

"We're very, very tired at times," says Bonnie, who, with Rick, cares for their 14 dogs at home. "But it's a good tired. We're blessed to have these animals in our lives. They force us to have structure and bring us back to what's important in life: learning, giving back and connecting with others."



Rick and Bonnie with their dog Boo Boo.

December 2015/January 2016 $\{$ womansday.com 139

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Help for Homeless Animals

BY GILLIAN ALDRICH



Drive a

Volunteers are always needed to transport rescued dogs and cats. In many cases it takes a string of volunteers—each doing about a 2-hour leg of a multistate journey—to bring a pet to her foster or forever home. Visit petsllc.net or bestfriends .org/resources/animal-transportresources to find a group near you, or call your local rescue.



Treat a pup

Every time you bring home a bag of Be Pawsitive's small-batch organic dog biscuits for your own dog, the company donates a second bag to a rescue shelter. Employees at the shelters use the treats to train homeless animals. which makes them much more likely to be adopted. (\$11.95 for a subscription of one bag per month, or \$12.95 for an individual bag; bepawsitive.com)





Indulge yourself

This is one type of chocolate that is good for dogs (even if only humans should eat it). With flavors like Salted Caramel Bow-Wow Bon Bons, 100% of Rescue Chocolate's profits go to rescue groups. (from \$1.75; rescuechocolate



.com)

Collect for a shelter

If you're hosting a holiday bash, why not suggest that, in lieu of a hostess gift, guests bring an item for your local animal shelter? Make a call to see what your hometown facility needs this year, then attach a wish list to your invite. Everything from old towels (which can be used as blankets and padding) to cat toys can make a big difference to a pet waiting to be adopted.



{Fun fact}

When it comes to kissing under the mistletoe.

of owners say pets get smooches too.

Shown on page 31

Jolly garland

Use needle-nose pliers to bend 1/8" armature wire (\$9.61 for 20'; *amazon.com*) into the 8" letters that spell out your chosen word or phrase. Cover the letters with green floral tape (\$1.99; michaels.com).

Por each letter, cut a 3" piece of wire and wrap it with floral tape. Then, bend one end into a small loop (1" or less in diameter) and secure it with floral tape to the back of the letter toward the top. (For letters like J, T and Y, you'll need a loop on each end at the top.) 3 Pull the small sprigs off an Artificial Juniper Pine



use floral tape to secure them at the stem to the front of each letter form to create a base. Then, use hot glue to fill in the front and sides of each letter with more greenery. (The sprigs should overlap slightly.)

4 Hot-glue faux or dried berries (available at craft stores) to each letter. Once completely dry, thread a length of 2" to 3" red ribbon through the loops to hang.

Shown on page 144

Garland (\$24.99 for 6';

working bottom to top,

factorydirectcraft.com) and,

Quick hoppin' John

ACTIVE 25 MIN → TOTAL 25 MIN → SERVES 4 → COST PER SERVING \$1.53

- 1 cup long-grain white rice
- 2 Tbsp olive oil
- 6 oz andouille sausage, sliced into half-moons
- 1 medium onion. chopped
- 1 medium green pepper, cut into ¼-in. pieces
- 1 large clove garlic, finely chopped
- 1 jalapeño, thinly sliced
- 2 15-oz cans black-eyed
- 3 cups baby spinach
- Cook the rice according to package directions.
- 2 Meanwhile, heat 1 Tbsp oil in a large skillet over medium-high heat. Add the sausage and cook, tossing once, until browned, 2 to 3 minutes. Transfer to a bowl.
- 3 Return the pan to medium heat and heat the remaining Tbsp oil. Add the onion and cook, covered, for 4 minutes. Add the pepper and cook,

stirring occasionally, until the vegetables are tender, 5 to 6 minutes.

- 4 Stir in the garlic and jalapeño and cook for 1 minute. Add the beans and ½ cup water and cook until heated through.
- Return the sausage to the skillet along with the spinach and cook until beginning to wilt, about 2 minutes. Serve over the rice.

PER SERVING 523 CAL 14 5 G FAT (3.5 G SAT FAT), 25 MG CHOL, 969 MG SOD, 23 G PRO, 76 G CAR, 10 G FIBER



If You Bought or Leased a **New Motor Vehicle, or Bought Certain Replacement Parts for a Motor Vehicle Since 2000**

You Could Get Money From Settlements Totaling Approximately \$54 Million

Two Defendants and their affiliates ("Settling Defendants") have agreed to Settlements resolving claims that they fixed the price of certain motor vehicle components. This may have caused individuals and businesses to pay more for new motor vehicles and certain replacement parts. The Settling Defendants deny any claims of wrongdoing.

Am I included?

You may be included if, from 2000 to 2015, you: (1) bought or leased an eligible new vehicle in the U.S. (not for resale), or (2) indirectly paid for an eligible motor vehicle replacement part. Indirectly means you bought the replacement part from someone other than the manufacturer of the part. Eligible new motor vehicles are automobiles, light trucks, vans, mini-vans, and sport utility vehicles. Visit the website, www.AutoPartsClass.com or call 1-877-940-5043 for a full list of Settling Defendants and time periods.

What do the Settlements provide?

The Settlements provide money for consumers in 30 states and the District of Columbia as well as non-monetary relief, including cooperation, and an agreement by Settling Defendants not to engage in certain conduct for a period of 24 months.

The 30 states are: Arizona, Arkansas, California, Florida, Hawaii, Iowa, Kansas, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Utah, Vermont, West Virginia, and Wisconsin.

How can I get a payment?

No money will be distributed yet. Class Counsel will pursue the lawsuits against the Non-Settling Defendants. All funds received in this case will be distributed at the conclusion of the lawsuits or as ordered by the Court. You will need to file a valid claim to receive a payment. Notice about the claims process will be provided at a later date.

If you want to receive notice about the claims process or future settlements, you should register at www.AutoPartsClass.com.

What are my rights?

Even if you do nothing, you will be bound by the Court's decisions concerning these Settlements. If you want to keep your right to sue the Settling Defendants regarding a particular component part, you must exclude yourself from that Settlement Class by March 28, 2016. If you stay in a Settlement Class, you may object to one or more of the Settlements by March 28, 2016.

The Court will hold a hearing on May 4, 2016 to consider whether to approve the Settlements and approve Class Counsel's request that up to \$2 million be set aside for future litigation costs and expenses. Class Counsel will also request at the hearing, or at a later date, attorneys' fees of up to one-third of the Settlement funds, plus reimbursement of costs and expenses. You or your own lawyer may appear and speak at the hearing at your own expense.

If the cases are not dismissed or settled, Class Counsel will have to prove their claims against the Non-Settling Defendants at trial. Trial has not been set yet.

For More Information or to Register: 1-877-940-5043 www.AutoPartsClass.com

The most wonderful time of the year is once again upon us! Here are a few holiday essentials to delight everyone on your list. Learn more at womansday.com/promotions.



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Ice bear cupcakes

MAKES 12

YOU WILL NEED:

- 4¾ cups vanilla buttercream (recipe, below)
- 12 red velvet cupcakes (womansdav .com/redvelvet)
- 12 chocolatecovered donuts (we used Entenmann's)
- ▼ Toothpicks
- 12 donut holes
- 32 marshmallows 12 brown M&M's
- 24 gumdrops Finely shredded coconut, for

coating

- Black royal icing (recipe, right)
- Cornstarch, for the work surface
- Red fondant

STEP 1 Spread a small amount of buttercream on top of each cupcake and top with an upside-down donut. Stick a toothpick into each donut hole and attach to the back of the chocolate donut. STEP 2 For the nose: Slice and discard a third off 12 marshmallows; attach the remaining pieces of marshmallow to the donut holes using toothpicks. For ears: Cut 24 toothpicks in half and use to attach the gumdrops to the donut holes. **STEP 3** Cover the entire cupcake (marshmallow, gumdrops and all) in buttercream, then coat in the coconut. STEP 4 For the hands and feet, cut slices off the outsides of the remaining marshmallows. Use black royal icing to pipe on paw pads and claws. Let set, then attach to bears using buttercream. **STEP 5** Lightly dust a work surface with cornstarch and roll out the red fondant. Cut 6 x ½-in. strips of fondant for scarves and use a sharp knife to fray the ends. Wrap around the bears' necks. Use buttercream to attach an M&M to the front of each nose, then pipe a mouth,

Vanilla buttercream

ACTIVE 5 MIN ◆ TOTAL 10 MIN ◆ MAKES 4¾ CUPS Sift 1½ lbs confectioners' sugar into a bowl. Using an electric mixer, beat 11/2 cups (3 sticks) unsalted butter (at room temperature) on medium speed until creamy, about 2 minutes. Reduce mixer to low and alternately add the sugar and 3 Tbsp heavy cream. Mix in 11/2 tsp pure vanilla extract. Increase speed to high and beat until fluffy, 2 minutes.

eyes and eyebrows with black royal icing.

Royal icing

ACTIVE 5 MIN ◆ TOTAL 10 MIN MAKES 2 CUPS

Using an electric mixer (with the whisk attachment), whisk 3 large egg whites and ½ tsp cream of tartar in a large bowl on mediumhigh speed until foamy, 1 minute.

Reduce speed to low and gradually add 1 lb confectioners' sugar, beating until just incorporated. Increase speed to high and beat until medium-stiff glossy peaks form, 6 minutes. Tint ½ cup icing with black gel food color (for the bears); transfer to a piping bag fitted with a small round tip.

Winter trees

ACTIVE 20 MIN ◆ TOTAL 20 MIN ◆ MAKES 2

Attach sugar ice cream cones to chocolate wafer cookies using small dabs of royal icing (recipe, above). Spread the cones with icing, then fill a piping bag with a petal tip. Starting at the base of the cone, pipe the icing in short downward motions. While wet, decorate with silver and blue dragées.

Snowy river

ACTIVE 25 MIN → TOTAL 25 MIN

- 2 cups sugar
- 3/4 cup light corn syrup
- ½ cup water
- ½ tsp peppermint or other clear extract (optional) Blue liquid food color Confectioners' sugar
- 1 Sketch a lazy river design on a piece of parchment paper and place ink-side down on a large flat baking sheet.
- 2 Place the sugar, corn syrup and water in a medium heavy-bottomed pan with a candy thermometer attached. Cook over medium heat until the sugar dissolves, 5 to 7 minutes.
- 3 Increase heat and boil rapidly until the mixture reaches 275°F. Add the peppermint extract (if using) and a few drops of food color and swirl the pan to incorporate (do not stir).
- 4 When the mixture reaches 300°F, immediately remove from heat; pour onto the prepared sheet (it will be thick), using your outline as a guide. Let set, then peel away parchment. Place river on a platter; surround with confectioners' sugar. Add ice bear cupcakes and winter trees.

DECEMBER/JANUARY SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Two (2) ways to enter: (i) Online Entries: Visit womansday.com/giveaways, and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the iTunes App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan any of the Digimarc-enhanced Woman's Day icons for the sweepstake you wish to enter and fully complete and submit the Official Entry Form presented. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 years or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/giveaways.

WIN IT! SWEEPSTAKES (PAGE 12)

Enter beginning 12:01 a.m. (ET) on November 18, 2015, through 11:59 p.m. (ET) on January 18, 2016, for the **Bed Bath & Beyond** Sweepstakes; between November 19, 2015, at 12:01 a.m. (ET) through January 19, 2016, at 11:59 p.m. (FT) for the Yankee Candle Sweepstakes; between November 20, 2015, at 12:01 a.m. (ET) through January 20, 2016, at 11:59 p.m. (ET) for the Kenmore Sweepstakes; between November 21, 2015, at 12:01 a.m. (ET) through January 21, 2016, at 11:59 p.m. (ET) for the **JCPenney** Sweepstakes; and between November 22, 2015, at 12:01 a.m. (ET) through January 22, 2016, at 11:59 p.m. (ET) for the Overstock.com Sweepstakes

VACATION SWEEPSTAKES (PAGE 125)

Enter beginning 12:01 a.m. (ET) on November 20, 2015, through 11:59 p.m. (ET) on January 20, 2016. One (1) Winner(s) will receive a five-day, four-night stay for four in a two-bedroom condo at Trailhead Lodge, a property managed by Wyndham Vacation Rentals in Steamboat Springs, Colorado (ARV: \$2,659). Prize package includes complimentary grocery delivery service up to \$250 (ARV: \$250) and one dinner sleigh ride for four people (ARV: \$356). Total ARV of prize package: \$3,265. TRANSPORTATION NOT PROVIDED. Hotel accommodations are at Sponsor's discretion and subject to availability. Sweepstakes subject to complete official rules available at womansday.com/giveaways.

WINTER COVER INSTAGRAM CONTEST (PAGE 6)

NO PURCHASE NECESSARY TO ENTER OR WIN. Woman's Day Winter Cover Instagram Contest (the "Contest"). THIS CONTEST IS IN NO WAY SPONSORED. ENDORSED OR ADMINISTERED BY, OR OTHERWISE ASSOCIATED WITH, INSTAGRAM OR FACEBOOK. YOU UNDERSTAND THAT YOU ARE PROVIDING YOUR INFORMATION TO SPONSOR AND NOT TO INSTAGRAM OR FACEBOOK, Sponsored by Hearst Communications, Inc. Two ways to enter beginning November 17, 2015, at 12:01 a.m. (ET) through December 31, 2015, at 11:59 p.m. (ET), provided Entrant has the rights to these photographs: (i) Follow Sponsor's Instagram feed at @WomansDayMag and upload a photo of your DIY version of the bear seen on our December 2015/January 2016 cover, using the hashtag #WDCoverContest; or (ii) enter via email by sending a photo of your DIY version of the bear seen on our December 2015/January 2016 cover, with your name, age, complete address and telephone number to WDFood@hearst.com. One (1) winner will receive a prize package from **Wilton Brands LLC** featuring one (1) Color Right Performance Color System (ARV: \$24.99), one (1) 46-piece Deluxe Decorating Set (ARV: \$39.99), two (2) Snowflake Icing Decorations (ARV: \$11.58), one (1) Sparkle and Cheer Baking Cups Set (ARV: \$2.09) and one (1) 4.5-oz tub of White Decorator Icing (ARV: \$17.99). Winner will also receive \$100 from Woman's Day. Total ARV of all prizes awarded: \$196.64. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 U.S. States, DC or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Entrants via Instagram must have their Instagram setting set to "public." Contest subject to complete official rules available at womansday.com/covercontest

SNAPSHOT INSTAGRAM CONTEST (PAGE 125)

NO PURCHASE NECESSARY TO ENTER OR WIN. December/January Woman's Day Snapshot Contest (the "Contest"). THIS CONTEST IS IN NO WAY SPONSORED, ENDORSED OR ADMINISTERED BY, OR OTHERWISE ASSOCIATED WITH, INSTAGRAM OR FACEBOOK. YOU UNDERSTAND THAT YOU ARE PROVIDING YOUR INFORMATION TO SPONSOR AND NOT TO INSTAGRAM OR FACEBOOK. Sponsored by Hearst Communications, Inc. Two ways to enter beginning November 19, 2015, at 12:01 a.m. (ET) through January 9, 2016, at 11:59 p.m. (ET), provided Entrant has the rights to these photographs: (i) Follow Sponsor's Instagram feed at @WomansDayMag and upload an original photo that makes you smile, using the hashtag #WDSnapshotContest; or (ii) enter via email by sending a photo that makes you smile to snapshot@womansday.com, including your name, age, complete address and telephone number. One (1) Winner will have their photo featured in a future issue of Woman's Day and receive a \$50 credit to Shutterfly.com (ARV: \$50), Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the U.S., DC or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Entrants via Instagram must have their Instagram setting set to "public." Contest subject to complete official rules available at womansday.com/snapsho

STATEMENT OF OWNERSHIP, MANAGEMENT

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a. Total Number of Copies (Net Press Run)	3,891,655	3,823,966
b. (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541	2,303,633	2,304,368
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541	n/a	n/a
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales and Other Paid Distribution Outside USPS	323,184	335,000
(4) Paid Distribution by Other Classes of Mail Through the USPS	n/a	n/a
 c. Total Paid Distribution [Sum of 15b(1), (2), (3) and (4)] 	2,626,817	2,639,368
d. (1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	623,707	623,906
(2) Free or Nominal Rate In-County Copies Included on PS Form 3541	n/a	n/a
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS	n/a	n/a
(4) Free or Nominal Rate Distribution Outside the Mail	25,463	26,718
e. Total Free or Nominal Rate Distribution [Sum of 15d (1), (2), (3) and (4)]	649,170	650,624
f. Total Distribution (Sum of 15c and 15e)	3,275,987	3,289,992
 g. Copies Not Distributed h. Total (Sum of 15f and 15g) i. Percent Paid (15c/15f x 100) 	615,668 3,891,654 80.18%	533,974 3,823,966 80.22%
16. a. Paid Electronic Copies b. Total Paid Print Copies (Line 15c) and Paid Electronic Copies	48,659 2,675,476	44,389 2,683,757
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Hoppin' John

See page 141 for recipe.

THEN

The original version called for dried beans, which meant hours of simmering.

NOW

Canned blackeyed peas turn it into a 25-minute dinner.

THEN

This dish was low on vegetablesjust onions.

NOW

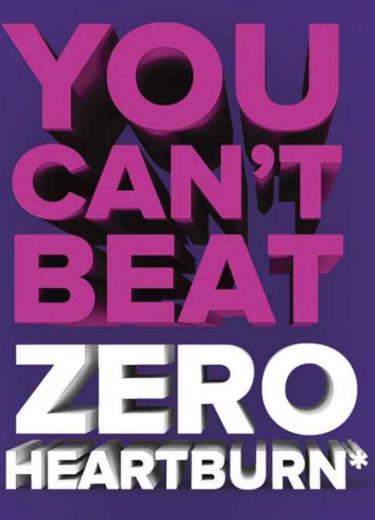
To make it a complete meal, we added bell pepper and spinach.

THEN

Ham hocks were the main source of flavor.

NOW

Andouille sausage keeps the smoky taste and layers in a bit of heat.





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